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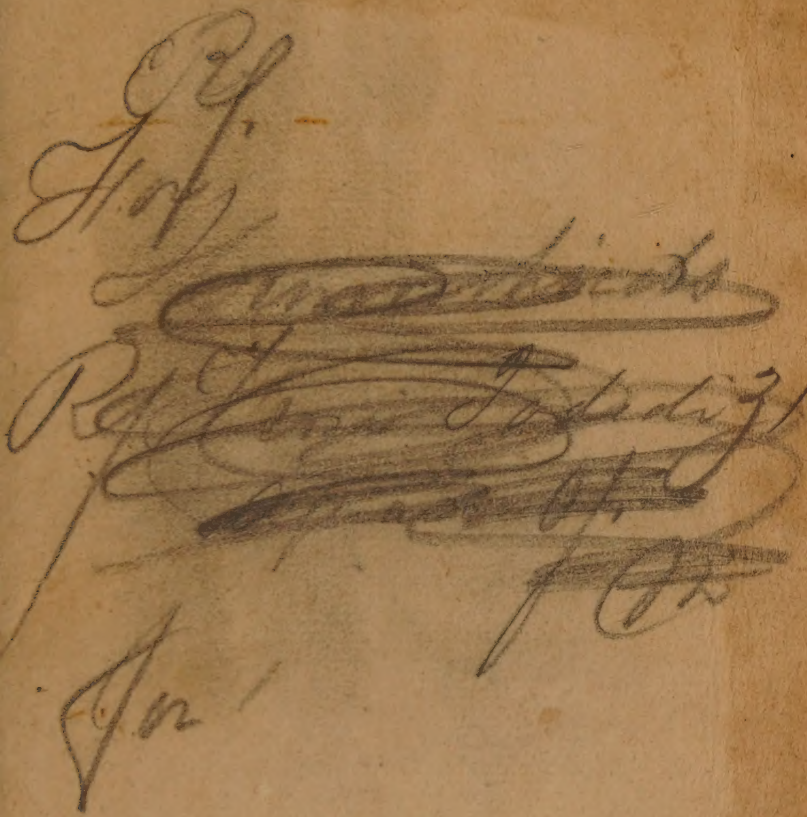

MEDICAL ADMONITIONS

TO

FAMILIES,

RESPECTING THE

PRESERVATION OF HEALTH,

AND THE

TREATMENT OF THE SICK.

ALSO,

A TABLE OF SYMPTOMS,

SERVING TO POINT OUT THE DEGREE OF DANGER, AND, TO DISTINGUISH ONE DISEASE FROM ANOTHER:

WITH

OBSERVATIONS

ON THE IMPROPER INDULGENCE OF CHILDREN, &c.

BY *JAMES PARKINSON,* M. D.

HOXTON.

How best the fickle fabric to support
Of mortal man; in healthy body how
A healthful mind the longest to maintain.
ARMSTRONG.

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INTRODUCTION

TO THE

TABLE OF *SYMPTOMS.*

IN the moſt trifling affairs, hardly any one will be found who will entruſt another, with the performance of any buſineſs of the nature of which he is uninformed.

Should any one be aſked to truſt another with the turning of a toothpick, out of ſome ſubſtance which he valued, merely on the recommendation of his having an excellent ſet of tools, and an eſſay on the art of turning, he would conſider that ſome practice would be neceſſary to give him the art of turning the wheel, with due velocity and regularity, and of holding the tool, and of applying it in the moſt proper manner. He would remark that repeated obſervation and experience were required, to give a knowledge of the grain of various ſubſtances, and in what direction the grain of different

ent ſubſtances ſhould be worked ; and that without this knowledge, he would be likely to ſhiver to pieces the ſubſtance on which he operated, inſtead of making it aſſume an uſeful and beautiful form. He would therefore ſay, No, you muſt excuſe me, I muſt apply to ſome artiſt of more judgment and ability, for I will not have my toothpick ſpoiled. But often when life itſelf is at ſtake, much leſs circumſpection is employed than in the turning of a toothpick—the treatment of ſome dangerous diſeaſe is confided to any one who poſſeſſes a medicine cheſt and the ſmall ſhare of ſkill which is derived from the peruſal of ſome treatiſe on domeſtic medicine.

To deſtroy the ſtrange infatuation on which ſuch inconſiſtency depends, would be a hopeleſs endeavour ; but humanity ſuggeſts, nay, commands, that every thing be done which may be likely to leſſen the evils reſulting from it. If men will, in ſpite of remonſtrance, ruſh into danger, they are not, therefore, to periſh unaided. Should any one obſtinately put to ſea without a compaſs to ſteer by, and without any knowledge reſpecting the navigating of a ſhip ; but what he picks up during his voyage, by reference to ſome treatiſe on navigation, it would not be ſufficient, merely to endeavor to diſſuade him from making the raſh attempt.

But

But if he perſiſt, every poſſible aſſiſtance ſhould be yielded him : the perils he has to ſhun ſhould be clearly pointed out, the different rocks and quick-ſands he is to avoid, ſhould be marked ; and the different circumſtances ſhould be deſcribed which may ſhow his near approach to danger.

With a ſimilar intention, is the following table given ; it is by an attention to ſymptoms, that the phyſician is enabled to ſteer his courſe with confidence and ſafety, and to diſcover the dangers which threaten. By a reference to the following table, and by examining the ſymptoms moſt prominent at the commencement of diſeaſe, domeſtic practitioners therefore, may more readily detect the diſeaſe which they wiſh to remove ; and will be then better able to determine, as to the propriety of taking the taſk of curing it on themſelves. If this be reſolved on, a reference to the table may alſo ſerve to ſhow the degree of danger which is marked by any particular ſymptom, which may ariſe in the progreſs of the diſorder, and which calls for very powerful aſſiſtance.

TABLE

OF

SYMPTOMS.

ANXIETY.

WHEN FEVER is accompanied by extreme anxiety, the patient ſuſtaining, at the ſame time, a conſiderable loſs of ſpirits and ſtrength, the fever may be judged to be of a *malignant* kind, and to require the moſt powerful aid.

APHTHÆ, *ſee* THRUSH.

APPETITE, LOSS OF,

When accompanied by ſqueamiſhneſs, vomiting, diſtention and pain of the ſtomach, eructations and heart-burn, *weakneſs of the ſtomach* has taken place; demanding a judicious regulation of the diet, and the uſe of corroborant remedies.

Returning in fevers and other acute diſeaſes, a ſign of a ſpeedy recovery.

For

For things, ſeemingly improper, may often be indulged, in fever, not only without any ill conſequence, but frequently with conſiderable advantage.

BELLY, PAIN OF, in lying-in women.

If within a few days after delivery, a conſiderable degree of ſoreneſs and pain is experienced in the belly, preceded by cold ſhiverings; the pulſe becoming quick and ſmall, the ſkin dry, the head and back painful, the breathing difficult, and the patient oppreſſed with exceſſive anxiety and dejection of ſpirits! there is great reaſon to ſuppoſe *the Puerperal Fever*, as it is termed, has come on: requiring the moſt judicious and prompt exertions.

Violent pain of, chiefly poſſeſſing the parts about the navel, vomiting and obſtinate coſtiveneſs, with fever, ſhow the exiſtence of *inflammation of the bowels*, a diſeaſe which in general terminates fatally in a very few days, if proper remedies are not early adopted.

Griping pains of, chiefly about the naval, accompanied by troubleſome urgings, and generally preceding ſlimy or mucous ſtools, in which ſmall ſtreaks of blood are perceivable, ſhow the diſeaſe to be *Dyſentery* or *Bloody Flux*.

BLOOD,

BLOOD, raiſed by Coughing.

In every caſe in which blood is raiſed by coughing, it may be concluded that ſome blood-veſſel in the lungs is ruptured. This circumſtance is generally followed by Conſumption, to mention this muſt be ſufficient to induce early attention.

Raiſed by vomiting.

Blood thus diſcharged, muſt proceed from the ſtomach ; and except in caſes of interrupted menſtrual diſcharge, is attended with no ſmall degree of danger.

Spitting of, without cough or vomiting.

This always proceeds from the mouth only, and is therefore unaccompanied by danger.

Diſcharged from the Noſtrils.

This ſeldom occurs but in ſuch a ſtate of the ſyſtem as demands great care, that by a ſpare regimen and a due employment of exerciſe, ſuch a degree of fulneſs of the blood-veſſels be prevented, as may produce *Conſumption* in the young, or *Apoplexy* in the aged.

Flowing from the Fundament.

This may in general be concluded to proceed from the Piles, if this be not the caſe, ſome internal miſchief is to be feared.

BLOODY STOOLS, *see* BELLY, GRIPING PAINS OF,

BREAST, SWELLING OF.

This ſymptom ſometimes comes on, as the diſeaſe, termed the *Mumps*, ſubſides, but is always without danger.

SMALL KERNAL IN.

When a ſmall, hard, moveable and painful kernel appears in the breaſt, a *Cancer* may be apprehended to be forming ; and therefore the moſt ſpeedy aſſiſtance ſhould be obtained.

BREATHING, SHORT.

Frequent little cough, with ſhortneſs of breathing, pain in ſome part of the cheſt, and fever, denote *Inflammation of the Lungs*, which if not removed within the firſt two or three days of the diſeaſe, will either occaſion death ſpeedily, or produce a lingering *Conſumption*.

BREATHING, DIFFICULT.

The breath drawn in with a loud wheezing ſound, and the voice hoarſe, with a Couch accompanied by a ſhrill barking ſound, ſhow the diſeaſe to be the *Croup* or *Inflammation of the Wind Pipe ;* the removal of which can only be obtained by the employment of proper means, in the *firſt hours* of the exiſtence of the diſeaſe.

Returning

Returning, by fits, accompanied by a ſenſe of tightneſs acroſs the cheſt, marks the diſeaſe to be *Aſthma.*

CONVULSIONS,

In children, often precede the *Small Pox.*

Frequently accompany *dentition*, and may, in general, be ſpeedily cured, by properly lancing the gums.

Often occaſioned by *worms* irritating the ſtomach and bowels.

Of the whole body, with frothing at the mouth, and total loſs of ſenſibility, characteriſe *Epilepſy, or the Falling Sickneſs*; ſo termed from the ſubjects of this diſeaſe falling ſuddenly on the coming on of the fit.

With a ſenſation as if a ball was riſing in the throat, flutterings and rumbling in the bowels, ſhow the diſeaſe to be *Hyſterics.*

COSTIVENESS.

Obſtinate coſtiveneſs, with ſevere pain and contraction of the belly, point out the *Colic.*

When it happens to the makers of white lead, painters, lapidaries, &c. there will be reaſon to ſuppoſe it is produced by the *poiſon of lead.*

With

With extreme pain, fever, and vomiting, ſhow *inflammation of the bowels.*

The ſymptoms juſt enumerated, may be produced by a protruſion of ſome part of the bowels, at a *hernia* or *rupture.*

Often found with weak organs of digeſtion.

COUGH.

Long continuing ſhould excite apprehenſions, leſt ſome dangerous alteration be taking place in the lungs.

With ſhortneſs of breath, fever, and pain in the cheſt, the face ſwelled and of a purpliſh colour, particularly point out *inflammation of the lungs.*

Continuing with ſhortneſs of breath, after the other ſymptoms have ſubſided, gives reaſon to apprehend ſuch a change in the ſtate of the lungs, as may terminate in *Conſumption.*

Frequent, with increaſed diſcharge from the mouth, noſe and eyes, diſtinguiſhes *Catarrh.*

And redneſs of the eyes, accompanying an eruption on the ſkin, with fever, are the ſymptoms of *Meaſles.*

May ſometimes be an *hyſterical affection.*

Is ſometimes ſymptomatic of an *affection of the liver.*

Diſcharging purulent matter, and accompanied by fever, increaſing twice in the twenty-four hours, ſhows that *Conſumption* has taken place.

Strangulating, convulſive, quickly repeated, and accompanied with a peculiar hooping ſound, *Hooping Cough.*

CRAMP IN THE LEGS.

A frequent ſymptom in the diſorder of the bowels, termed the *Cholera Morbus.*

DEAFNESS.

Succeeding to a purulent diſcharge from the ear, is ſeldom cured.

Of conſiderable length of duration, often depends on the external paſſage of the ear being obſtructed by wax, and conſequently may be cured by its removal.

DELIRIUM.

Preceded by cold ſhivering, and ſucceeding to exceſſive indulgence in ſpirituous liquors, demands the utmoſt attention, ſince *inflammation of the brain* may perhaps be forming.

In acute diſeaſes, never occurs without danger.

In

In the beginning of fever, ought to excite the utmoſt alarm, it probably being the conſequence of *inflammation of the brain.*

Accompanying *Eyſipelas*, or *St. Anthony's Fire*, and increaſing as the diſeaſe proceeds, is an alarming ſymptom ; pointing out ſome ſerious affection of the *brain or its membranes.*

Whenever violent, with redneſs of the face and eyes, and fever, the patient experiencing great inconvenience from light and noiſe, *inflammation of the brain* may be concluded to be preſent.

DROPSICAL SWELLING,

Of the whole body, at the concluſion of *Scarlet Fever*, ſhews a dangerous diſpoſition, and if not removed at it's firſt appearance may terminate fatally.

DROWSINESS,

With a difficulty of ſpeech and of recollection, and numbneſs of the limbs, demand the greateſt attention, being often the fore-runners of *Palſy* or *Apoplexy.*

Accompanied by pain in the head and pit of the ſtomach, and preceded by ſhivering, ſometimes takes place on the commencement of the fever of *Small Pox.*

With

With a frequent dry, hoarſe cough, and running at the eyes and noſe, is generally followed by the eruption of the *Meaſles*.

EARS,

Extreme pain of, always to be conſidered as a ſymptom demanding great attention; ſince it generally ſhows inflammation to have taken place, which, if not removed in time, may terminate in deafneſs for life.

Senſe of ſinging in, with head-ach and continual drowſineſs, threatens *Palſy* or *Apoplexy*.

ERUCTATIONS,

Frequent acid, denote a *weakneſs of the ſtomach*.

ERUPTION, SCARLET.

Gives name to the *Scarlet Fever*, with which is frequently found *ulcerated Throat*.

Is alſo, generally, a ſymptom in the *malignant ulcerated Sore Throat*.

OF PIMPLES,

In their firſt appearance ſomewhat reſembling the foregoing eruption, but the cuticle being a little elevated, and the eruption more cluſtered, marks it to be the *Meaſles*. The making the neceſſary diſtinction is more eaſily accompliſhed, when the eyes and noſtrils ſuffer an increaſe of diſcharge, and the former look red and inflamed.

When

When more diſtinct and more elevated, and the noſtrils and eyes are not affected, as in the former caſe, the diſeaſe may be concluded to be the *Small Pox*, which will ſoon plainly appear, the eruption aſſuming a puſtular form. It ſhould be remembered that the termination of this and the former diſeaſe, will frequently depend on their treatment in their firſt ſtages.

If it reſembles the eruption juſt mentioned, except in its aſſuming, at its firſt appearance, more of a veſicular form, and dying off on the third or fourth day, the diſeaſe is the *Swine* or *Chicken Pox ;* a diſeaſe without danger, and ſeldom demanding medicinal aſſiſtance.

VESICULAR,

Appears of the ſize of a millet ſeed in fevers, and other diſeaſes, where there has been profuſe ſweating, or in caſes where much blood has been loſt ; and is termed the *Miliary Eruption.*

OF RED SPOTS,

With a lighter centre, accompanied with an itching, reſembling that which is produced by the ſtinging of nettles, is called the *Nettle Raſh.*

Scaly, white, and itching, beginning about the elbows, and ſpreading to the hands, the body and face, is the *Leproſy.*

OF

OF SMALL PIMPLES,

Containing a pellucid fluid, appearing all over the body, but chiefly at the bending of the limbs, and itching violently, is the *Itch*.

On the head, terminating in ulcers, which diſcharge a humour ſoon drying into a whitiſh cruſt, is denominated *Tinea*, or *Scald Head*.

EXTREMITIES

Becoming cold, in acute diſeaſes, marks danger.

Becoming cold, with pain in the belly, or with great heat of the body, alſo ſhews danger.

EYES,

Not cloſing during ſleep, in fevers, is a bad ſymptom.

Red, painful, and watery, with incapability of ſuſtaining the light, ſhows inflammation of this organ.

Appearing ſunk, dull, or watery, is a ſymptom of much danger in fevers.

FACE

Contracted, the eyes appearing ſunk, noſe ſharp, the ears cold, the ſkin dry and pale, the eye lids, lips, and cheeks livid, ſhow life to be nearly at an end.

Swelled,

Swelled, pale, and of a waxy hue, in children, points out a diſpoſition to *Rickets*.

———Pale and fallow in young female ſubjects, ſhows ſuch a *cachectic diſpoſition*, as if not removed may terminate in complaints of a very ſerious tendency.

FAINTING.

When it occurs frequently, points out a very debilitated ſtate of the ſyſtem.

FEVER,

Accompanying pain in any internal part, ſhows in general, that inflammation is eſtabliſhing itſelf in that part ; and can only be removed by an immediate employment of powerful means.

Increaſing about noon and evening, with ſweats during the latter part of the night ; and the urine depoſiting a bran-like ſediment, gives reaſon to ſuppoſe that ſome change in the ſyſtem, full of danger, has taken place.

FITS,

Happening juſt before the eruption of the Small-pox, are not always, though generally ſucceeded by a favourable kind.

GIDDINESS,

With ſickneſs of the ſtomach and loſs of appetite, ſhows the *Stomach* to be foul. Ac-

Accompanied with head-ach, ſinging in the ears, and impaired powers of recollection, threatens apoplectic or paralytic attacks.

HANDS AND FEET SWELLING IN SMALL-POX.

As the ſwelling of the head and face ſubſides, is a favourable ſymptom.

HEAD-ACH.

Continuing, with violence, through the courſe of fevers, ſhews that a fatal termination of the fever is to be apprehended.

With giddineſs, ſickneſs, and loſs of appetite, but without fever, accompanies *foulneſs of the Stomach.*

With redneſs of the face and eyes, and fever, are ſymptoms of inflammation of the brain.

Accompanying *Inflammation of the Eyes*, is in general a mark of danger.

With eructations, and loſs of appetite, points out *Indigeſtion.*

With pain and tenſion at the pit of the ſtomach, generally proceeds from *wind* pent in the ſtomach.

When accompanied by a *ſtrict ſtate of the bowels*, may be attributed to that circumſtance.

With

With florid countenance, and a full, fluggiſh pulſe, may ariſe from *fullneſs of blood.*

With chillineſs, ſlight ſhiverings, and great laſſitude, generally diſtinguiſh the *commencement of fever.*

HEAT

At the pit of the ſtomach and ſour riſings, conſtitute the *Heart-burn*, ariſing from *Weakneſs of the ſtomach.*

May not, in *putrid fevers*, arrive at ſuch a degree as to excite a neceſſary degree of alarm, in the friends of the patient.

With pain in any external part, gives reaſon to ſuſpect *inflammation* to be proceeding to *ſuppuration.*

Internal, with cold limbs, in fevers, points out great danger.

HICCUP,

Succeeding to conſiderable evacuations, ſhows much danger.

Occurring in the progreſs of internal inflammation, gives reaſon to fear the coming on of *Mortification.*

Is an alarming ſymptom in caſes of *Suppreſſion of Urine.*

Shows

Shows great danger to exiſt in caſes of *ſtrangulated rupture.*

HOARSENESS,

Generally found to accompany eruptive fever of meaſles.

LASSITUDE,

And real debility, generally precede the other ſymptoms of fever.

And languor, in children, ſhould always excite vigilance in parents and thoſe who have the care of children.

LEGS, SWELLING OF,

In a very ſlight degree, in perſons rather advanced in years, and uſing but little exerciſe, is not to be regarded as an alarming circumſtance.

In perſons beyond the middle ſtage of life, who are affected by difficulty of breathing, may be conſidered as entirely depending on the diſordered ſtate of the lungs; and as pointing out the neceſſity of exertions being made for their relief.

With diminution of urine, and failure of ſtrength, ſhould be conſidered as a warning that ſome important change in the ſyſtem is taking place, perhaps tending to *Dropſy.*

LIPS.

Eruptions on, ſucceeded by ſcabs, in fevers, is a favourable ſymptom.

LOOSENESS,

Occurring in caſes of hectic fever, with night ſweats, ſhows danger.

MATTER,

Diſcharged from the lungs, hectic fever being alſo preſent, a mark of conſumption.

Of a purulent appearance may be diſcharged from the lungs, and if without hectic fever, conſumption may not ſucceed, if very powerful means are employed.

MENSES,

When ſuppreſſed in conſumption no benefit will be derived from endeavouring to procure their return; their ſuppreſſion being a ſymptom, not the cauſe of conſumption.

MIND,

Much dejected in the beginning of fevers, generally points out a conſiderable degree of malignancy in their nature.

PAIN,

Internal, with fever, requires particular attention; it in general denoting *inflammation* of ſome internal part.

Suddenly

Suddenly ceaſing, in caſes of internal inflammation, the countenance ſinking, the pulſe becoming very quick and ſmall, with frequent cold ſhiverings, gives cauſe to fear the coming on of *mortification.*

In caſes of internal inflammation, gradually diminiſhing, and a ſenſation of weight in the part gradually ariſing, with ſome degree of anxiety, ſhews that *ſuppuration* is taking place.

IN THE HEAD,

With fever, redneſs of the face and eyes, and inability to bear noiſe and light, are ſymptoms of *inflammation of the brain or its membranes.*

IN THE EAR,

With feveriſhneſs, ſymptoms of *inflammation in the ear.*

IN THE CHEST,

With a ſenſe of oppreſſion, and of heat under the breaſt bone, with a ſaltiſh taſte in the mouth, generally precedes *ſpitting of blood.*

In the cheſt, with fever, difficulty and ſhortneſs of breathing, are marks of *inflammation of the lungs.* If the other ſymptoms here enumerated are preſent, the diſeaſe may be concluded to exiſt, although the pain be not conſiderable.

ACROSS

ACROSS THE CHEST.

Coming on ſuddenly, during walking, and particularly whilſt going up ſtairs, or aſcending a hill; a pain alſo being felt, at the ſame time, about the middle of the arm, are ſymptoms of the diſeaſe termed *Angina Pectoris*.

PAIN OF THE SIDE,

Increaſed by drawing in the breath, and particularly by coughing, with hard pulſe, and difficulty of laying on the pained ſide, denotes *Pleuriſy* or *Inflammation of the Pleura* or membrane inveſting the inſide of the cheſt.

IN THE LEFT SIDE OF THE CHEST,

With fever, great anxiety, irregular pulſe, faintings and palpitations, are ſymptoms of *inflammation of the heart*.

IN THE LEFT SIDE,

Under the ſhort ribs, with fulneſs and tenſion, diſtinguiſhes the *inflammation of the ſpleen*.

ON EITHER SIDE OF THE CHEST,

Not very acute, nor violently increaſed during inſpiration, may occur in conſequence of an affection of the muſcles of the cheſt.

IN THE RIGHT SIDE,

Under the ſhort ribs, extending to the ſhoulder, with fever, points out *inflammation of the liver*.

OVER

OVER THE WHOLE BELLY,

Increaſed by ſtraitening the body, extreme ſoreneſs and fever, mark *inflammation of the peritoneum*, or membrane lining the cavity of the belly.

Very violent vomitings, obſtinate coſtiveneſs and fever, diſtinguiſh *inflammation of the bowels*.

ABOUT THE NAVEL,

Very ſevere, with coſtiveneſs and contraction of the belly, are ſymptoms of *Colic*.

With frequent ſlimy ſtools, ſtreaked with blood, point out *Dyſentery or Bloody Flux*.

AT THE BOTTOM OF THE BELLY,

With fulneſs and extreme tenderneſs on preſſure, and frequent painful attempts to paſs urine, which eſcapes only in ſmall quantities, ſhows *inflammation* to have poſſeſſed *the bladder*.

IN THE BACK,

One of the firſt ſymptoms of fever, and generally occurs to a great degree in *malignant* and in *eruptive fevers*.

IN THE LOINS,

Paſſing forwards toward the bottom of the belly, fever, vomitings, numbneſs of the thigh, and drawing up or pain of the teſticles in the affected ſide, accompany inflammation of the kidneys.

IN THE LARGE MUSCLES, AND IN THE JOINTS,
Without redneſs, ſwelling, or fever, occurs in *Chronic Rheumatiſm.*

With ſwelling, redneſs, and fever, diſtinguiſh *acute* or *Inflammatory Rheumatiſm.*

IN THE SHIN BONES,
Or in the head, ſuffering a conſiderable augmentation in the evening, demands immediate attention.

IN THE JOINTS OF THE GREAT TOE,
Inſtep, or hand, generally preceded by ſome affection of the ſtomach, and coming on moſt commonly in the night, characterizes the attacks of *Gout.*

IN THE LIMBS,
Generally occurs at the commencement of fever.

AT THE PIT OF THE STOMACH,
With vomitings, may proceed from *Gall-Stones.*

At the commencement of fever, is often followed by a diſeaſe of a conſiderable degree of malignity.

Alſo frequently precedes the eruption of the Small Pox or Meaſles.

And heat in the ſtomach, increaſed by the ſwallowing of even fluids, with vomitings, extreme anxiety, and fever, with are ſymptoms of *inflammation of the ſtomach.*

AT

AT THE BOTTOM OF THE BELLY,

With heat, ſwelling, and tenderneſs on preſſure, frequent vomitings and fever, are ſymptoms of *inflammation of the womb.* Darting, in the region of the womb, generally accompanies a *ſchirrous or a cancerous ſtate.*

PALPITATION OF THE HEART,

May proceed from ſome diſeaſe, originating in the *heart* itſelf; or may be ſymptomatic of *general debility.*

With quick and difficult breathing, after moderate exerciſe, and fallowneſs of the complexion, marks of chloroſis.

Irregular pulſe, extreme anxiety, and frequent fits of ſuffocation, generally accompany *Dropſy of the Pericardium.*

PAROXYSM, FEBRILE,

Returning repeatedly, after twenty-four hours intermiſſion, diſtinguiſhes the *Quotidian Ague.*

Returning after an intermiſſion of forty-eight hours, *the Tertian Ague*;

And, after an intermiſſion of ſeventy-two hours, *the Quartan Ague.*

PULSE

PULSE

Quick, ſucceeding to cold ſhivering, and accompanied by heat, ſhows the exiſtence of *fever*.

Quick, hard and ſtrong, with preternatural heat, points out *inflammatory fever*.

Similar to the foregoing accompanies particular *inflammation*.

Hard, ſmall and quick, is generally found with *inflammation of the ſtomach or bowels*.

Quick, ſmall and weak, with extreme debility in fevers, ſhows the fever to be malignant, and great danger to exiſt.

REDNESS OF THE SKIN.

Diffuſed, hot and but little ſwelled, the ſkin only elevated as with a little roughneſs, diſtinguiſhes the *Eryſipelas, or St. Anthony's Fire*.

OF THE CHEEKS,

Coming on with the hectic fever, marks *Conſumption*.

RESPIRATION QUICK AND SHORT.

With fever, and tightneſs acroſs the cheſt, indicates *inflammation of the lungs*.

SHORT AND QUICK,

Pains in the ſide of the cheſt and fever, diſtinguiſh *Pleuriſy*.

DIFFICULT,

DIFFICULT,

Recurring by fits, without fever generally marks *Aſthma.*

Awaking the patient with conſiderable alarm, with weight acroſs the cheſt, and ſwelling of the feet, points out *water in the cheſt.*

May alſo accompany Inflammation of the Liver, various affections of the heart and large veſſels, diſtenſion of the bowels by wind, and the preternatural enlargement of any of the bowels.

RESPIRATION.

Snoring and long, with the appearance of deep ſleep, diſtinguiſhes *Apoplexy.*

DIFFICULT,

A bad ſymptom, in all fevers.

RIGIDITY,

At the ſide of the face, and back of the neck, and difficulty of ſwallowing, are the firſt ſymptoms of a *Locked Jaw.*

SHIVERING,

Is the firſt ſymptom of every *febrile* or *inflammatory* diſeaſe.

In fevers, not ſucceeded by increaſe of heat and ſweat, an unfavourable ſymptom.

Occurring

Occurring in the latter ſtages of fever, the patient being very low and weak, is alſo an unfavourable ſign.

With delirium, following intoxication, threatens a dangerous affection of the brain.

After violent inflammation, ſhows that ſuppuration is taking place.

In the ſmall-pox, about the ninth day, the ſkin appearing ſhrunk, and the puſtules flattening, and becoming pale at their baſes, ſhows danger.

SICKNESS

Occurring after having been in the chamber of a perſon in a fever, ſometimes marks the firſt impreſſion of infection, requiring the immediate employment of an emetic.

Accompanied with pain at the ſtomach, heartburn, and loſs of appetite, ſhows the weakneſs of the ſtomach.

SIGHING

Frequent, in fevers, a bad ſymptom.

SIGHT, EXTREMELY INDISTINCT,

In *fevers*, the patient being much exhauſted, ſhows much danger.

INDISTINCT.

The eyes becoming uneaſy and hot, after reading, &c. the eye requiring to be removed farther for the examination of any minute object than it has been wont, ſhows the convexity of the cornea to have become morbidly diſeaſed, and that the uſe of convex glaſſes is poſitively indicated *.

Affected by dark ſpots and ſtreaks appearing on the objects viewed, ſhows a ſerious affection of the eyes, but this is not, as has been ſuppoſed, a ſign that blindneſs muſt inevitably follow, ſince this affection may ſometimes be removed by proper meaſures.

SKIN, COLD,

Whilſt great thirſt and internal heat are experienced, is a bad ſymptom in a fever.

PUNGENTLY

* In a publication of this kind, it would be worſe than folly to ſacrifice utility to a ſcrupulous adherence to order ; the above indication is therefore introduced, although rather out of place, from a conviction, that through inattention to this circumſtance, the eyes are often conſiderably injured. Objects require painful exertion to obſerve them diſtinctly ; this being frequently done, the organs of viſion are ſtrained, and all the range of eye-waters employed, when the cure is only to be found in the uſe of a pair of ſpectacles.

PUNGENTLY HOT,

Leaving a ſmarting ſenſation of heat on the fingers of the examiner, ſhows great malignancy in fever.

OF A GREENISH YELLOW.

Gives name to the *Green Sickneſs*.

YELLOW,

As well as the urine and the whites of the eyes, and the ſtools white, diſtinguiſhes *Jaundice*.

SLEEP

Returning, with appetite for food, may be conſidered as a moſt favourable ſymptom in every fever.

Calm, after delirium, is a favourable event.

SLEEPINESS

Often precedes and accompanies the Eryſipelas of the face ; and if it increaſes with the diſeaſe, it points out much danger.

SNEEZING,

Diſcharge of a limpid fluid from the eyes and noſe, and frequent cough, ſhow that Catarrh and *Coryza*, as it is termed, are forming.

SPIRITS

DEPRESSED IN THE BEGINNING OF FEVERS,

Shows the fever to be of a low and malignant kind.

DEPRESSED

DEPRESSED WITHOUT CAUSE,

Loſs of appetite, ſickneſs, pain, and oppreſſion in the ſtomach; diſtinguiſh *hypocondriacal affections*.

SPITTING,

Diſcoloured with blood, raiſed by coughing, ſhows ſuch a ſtate of the lungs as requires the greateſt care and attention.

SPOTS

LIVID,

Accompanied with putrid and bleeding gums, and great weakneſs, are the ſigns of *Scurvy*.

PURPLE,

A ſymptom marking great danger in *malignant fever*.

STOMACH,

Pain of, may proceed from ulcers or worms.

VIOLENT PAIN OF,

With vomiting and fever, are ſymptoms of *inflammation of the ſtomach*.

PAIN AT THE PIT OF,

With ſickneſs, recurring at uncertain periods, and ſucceeded by ſlight yellowneſs of the ſkin, accompanies the paſſing of gall ſtones.

Painful diſtention of, after even moderate eating, generally proceeds from weakneſs of the ſtomach.

STOOLS

WHITE,

Shew an obſtruction of the gall through the ducts; hence alſo yellowneſs of the ſkin, or *Jaundice.*

BLACK,

With ſudden relief from violent pain in *inflammation of the bowels*, ſhow great danger.

SLIMY,

Sometimes bloody, and griping pains, are ſymptoms of Dyſentery, or Bloody Flux.

STUPOR,

After wounds, or blows on the head, requires particular attention.

SWALLOWING

DIFFICULT,

And acutely painful, with ſwelling and redneſs of the back of the mouth or upper part of the throat with fever, marks *inflammatory ſore Throat.*

And not extremely painful, white cruſts or ſloughs forming in the upper part of the throat, and a low fever, point out, eſpecially if a ſcarlet eruption appears on the breaſt, arms, &c. that *the ſore Throat* is of the *ulcerated malignant* kind.

Coming on gradually, and without pain or fever gives reaſon to fear a contraction is taking place

in

in the gullet. Endeavours for it's cure are only to be made with a proſpect of ſucceſs during the commencement of the diſeaſe.

Of liquids, inability of, and dread of water, conſtitute the diſeaſe termed *Hydrophobia.*

Of liquids, ſometimes impeded in caſes that are plainly *Hyſterical.*

SWEAT,

GENERAL AND PROFUSE,

Occurring in caſes of inflammation, a favourable ſymptom.

PROFUSE,

Succeeding to hectic heat, with difficulty of breathing, cough, and ſpitting of purulent matter, diſtinguiſh *conſumption.*

BREAKING OUT GRADUALLY,

And continuing ſome time, is, in general, a favourable ſymptom in *fevers.*

Almoſt always concludes the fit of *Ague.*

COLD,

Breaking out about the face and neck in *fevers*, ſhows great weakneſs and danger.

SWELLING

OF THE HEAD AND FACE,

Takes place, in ſmall-pox, according to the number and confluency of the puſtules. Ac-

Accompanies and ſucceeds *Eryſipelas*, or St. Anthony's Fire in the face.

OF THE HANDS AND FEET,

In Small-Pox, ſucceeds, to the ſwelling of the *head* and *face*.

ABOUT THE ANGLES OF THE JAW,

With ſlight fever, diſtinguiſhes *the Mumps*.

OF THE HEAD,

In young children, who are heavy, drowſy, and even at times convulſed, gives reaſon to fear *Dropſy of the Brain*.

OF THE FORE PART OF THE HEAD,

Large belly, the reſt of the body thin, and the joints enlarged, are ſymptoms of the *Rickets*.

OF THE UPPER PART OF THE RIGHT SIDE OF THE BELLY,

Gives reaſon to apprehend *Enlargement of the Liver*.

OF THE BELLY,

Elaſtic and ſonorous, on being ſtruck by the fingers, diſtinguiſhes the *Tympany*.

The ſtroke of the fingers producing a diſcoverable fluctuation, diſtinguiſhes the *Aſcites*, or the collection of water in the cavity of the Belly.

AT

AT THE BOTTOM OF THE BELLY,

With ſuppreſſion of urine, or frequent inclination to void it, with pain, tenderneſs, or preſſure, characterize *Inflammation of Urine.*

OF THE SCROTUM,

Painful and hard, ſhows inflammation of the part.

Not painful, rather pellucid, and giving the idea of fluctuation on being gently ſtruck with the finger, diſtinguiſhes Hydrocele, or *Dropſy of the Teſticle.*

Gradually increaſing downards, and enlarging upon ſneezing or coughing, ſhows *Hernia*, or protruſion of ſome part of the bowels.

OF THE FEET AND HANDS,

In *Small-Pox*, generally takes place as the ſwelling of the face ſubſides.

OF THE FEET,

Where conſiderable *diſcharge of blood* has taken place, ſhows that a dangerous degree of debility is brought on.

Is, in general, a ſymptom demanding particular attention.

OF ANY PART,

With heat, redneſs, tenſeneſs and throbbing, ſhows an *Abſceſs* to be forming in that part.

Cold

Cold, pallid, and retaining the impreſſion of the fingers, diſtinguiſhes œdematous ſwellings.

IN THE BREAST,

Solid, the edges rather hard and not very painful, is moſt probably, *ſchirrous tumour*, which, unleſs removed, will terminate in *Cancer*.

OF THE GLANDS

In the ſides of the neck, with ſwelling and chapping of the lip, and large belly, ſhow a ſcrophulous diſpoſition.

TASTE,

BITTER,

Sickneſs, want of appetite, and pain at the ſtomach, are ſymptoms of *indigeſtion and weakneſs of the ſtomach*.

ACID,

With the foregoing ſymptoms, alſo occurs in weakneſs of the ſtomach.

TEETH,

GRINDING OF,

In fever, a ſymptom of danger.

In children, a ſymptom of worms.

ACHING OF,

A ſymptom of inflammation, or *Caries*.

Covered

Covered with dark, foul, viſcous matter, in fevers, generally marks malignancy.

TENDONS.

Twitching, at the wriſt, in fevers, ſhows danger.

TESTICLES

SWELLED,

Occurs ſometimes at the cloſe of the diſeaſe called the *Mumps*.

DRAWN UP,

And affected with aching pain, with pain in the back, ſtretching forwards and downwards, with ſickneſs at the ſtomach, are ſymptoms of gravel in the kidneys, or *ureters*.

THIRST

Generally preſent in *fever*.

Frequently occurs in fever ; but, when wanting, where the tongue is parched and foul, ſhows danger.

Is generally a troubleſome ſymptom in *Dropſy*.

THROAT,

SWELLED AND RED,

Swallowing very painful, mark the *inflammatory Sore Throat*.

OF

OF A DEEP CRIMSON COLOUR,

With whitiſh ſpecks, ſpreading and deepening; extreme debility, and the pulſe ſmall and quick, diſtinguiſh the putrid *ulcerated Sore Throat.*

THRUSH, OR APHTHÆ,

Little ulcers, generally white, appearing on the tongue, inſide of the lips, cheeks, &c.

When theſe occur to children, it may in general be concluded either that the food of the child is not ſufficiently nutritious, or that the child breathes an air too impure.

Frequently appear in the latter ſtage of conſumption.

Appearing in fever, not always to be conſidered as a ſymptom of extreme danger, but ſometimes as a mark of a critical, and even favourable change having taken place.

TONGUE,

TREMBLING AND BLACK,

A ſymptom of danger in fever.

Parched, without thirſt, in fevers, is a bad ſymptom.

HARD TUMOUR OF,

Though ſmall, demands immediate care.

TOSSING ABOUT,

A frequent ſymptom in dangerous fever.

TREMOR,

TREMOR,

In fever, a ſign of great debility.

VOMITING,

Frequently ſymptomatic of inflammation of the kidney, and is generally excited by the paſſing of gravel.

Very frequent, extreme pain in the ſtomach, fever, and ſmall hard pulſe, diſtinguiſh *Inflammation of the Stomach.*

With great pain in the bowels, fever, obſtinate coſtiveneſs, and hard and ſmall pulſe, point out *inflammation of the bowels* and *ſtrangulated rupture.*

After blows or wounds on the head, gives reaſon to ſuſpect very ſerious injury.

BILIOUS,

With frequent bilious ſtools and pains in the bowels, are the ſymptoms of the diſeaſe termed *Cholera Morbus.*

URINE.

DEPOSITING A BRANNY RED SEDIMENT,

And the ſoles of the feet and palms of the hands frequently diſagreeably hot, ſhow hectic fever to be preſent.

BLOODY,

Shows a rupture, or morbid dilutation of ſome blood veſſel, in the kidneys, bladder, or urinary paſſage.

WITH A CREAM-COLOURED SEDIMENT,

Blended with ſmall light-coloured flakes, mark the exiſtence of an *Ulcer in the bladder*.

HIGH-COLOURED,

Generally accompanies *inflammation*, and *inflammatory fever*.

HIGH-COLOURED,

Depoſiting a ſediment of a pink, or of a brick-duſt colour, generally ſhows *diſeaſe of the liver*.

IN THE COLD STAGE OF AGUES,

Generally limpid, in the *hot ſtage* high-coloured and clear, and, during the *abſence of the fever*, depoſiting a reddiſh ſediment.

WITH AN OILY SKIN

On the ſurface, points out a dangerous waſting.

PASSING IN EXCESSIVE QUANTITY,

Proceeds from *Diabetes*.

COPIOUS AND VERY LIMPID,

But of a natural colour and quantity at intervals, generally accompanies nervous affections.

SUPPRESSION OF,

May occur as a ſymptom of inflammation of the kidneys, ureters, bladder, or of the *urethra*, or urinary paſſage ; it may alſo be occaſioned by a paralytic affection of theſe parts and by ſtrictures in the urethra.

Paſſed without the patient's knowledge in fevers is a bad ſymptom.

WAKEFULNESS,

Long continued, in fevers, with great eagerneſs of attention, denotes the approach of *Delirium*.

WEAKNESS,

And indiſpoſition to motion, a ſymptom of *Chloroſis* or *Green Sickneſs*.

Extreme, at the beginning of fevers, generally marks malignity.

YAWNING,

Generally occurs at the commencement of the ague fit.

Medical Admonitions.

MY DEAR FRIEND,

I COMPLY, with the utmoſt willingneſs, with your requeſt to ſupply you with ſuch information as may prevent you, on the one hand, from unneceſſarily incurring the expence of medical attendance in the various trifling ails to which you and your family may be ſubjected; and, on the other, from ſacrificing a friend, or perhaps a beloved child, by delay or improper interference, in ſome inſidious diſeaſe.

I undertake the work with additional pleaſure, derived from the flattering conſideration that I may, by its publication, render an eſſential ſervice to thoſe, who like yourſelf, being ſurrounded with large families, are anxious to avoid unneceſſary expence: but are, at the ſame time, aware of the high degree of guilt which accompanies the omitting to obtain all that is in their power to mitigate the ſufferings, or to ſave the life of a fellow-creature.

I ſhall not endeavour to furniſh you with inſtructions for the cure of diſeaſes in general. This has indeed been induſtriouſly attempted by ſeveral ingenious

ingenious writers on Domeſtic Medicine, but certainly not with thoſe beneficial conſequences which I hope their authors intended. On the contrary, I fear that their diſciples, not aware of the ſhallowneſs of the knowledge thus gained, immediately on the appearance of diſeaſe, fly with confidence to their oracles; but, incapable of comprehending the various circumſtances compriſed in the anſwers they receive, they frequently adopt the very means they ſhould have avoided; and thereby increaſe the evils they were endeavouring to remove. It is not a looſe and vague aſſertion, that the directions, given in ſuch a work, are only intended for thoſe caſes in which a phyſician cannot be eaſily obtained, that will be ſufficient to deter a weak mind from obſtinately confiding, even in the moſt ſerious caſes, in the knowledge derived from the peruſal of a ſpecious, conciſe, and apparently comprehenſive method of cure.

Directions for the cure of diſeaſes ſhall, in this work, be confined to thoſe in which no riſque can be incurred, by truſting them to the management of a domeſtic practitioner. Such diſeaſes will not only be accurately deſcribed, but the ſymptoms will be carefully marked out which diſtinguiſh them from thoſe diſeaſes which differ from them in degree of danger, and in the mode of treatment they

they require. The ſymptoms of thoſe diſeaſes in which the attendance of a phyſician or other medical character, is required, will alſo be carefully marked ; the particular circumſtances which render ſuch further aid neceſſary, will be pointed out; and the miſchiefs, likely to ariſe from improper interference, particulariſed. Since the degree of violence, duration, and danger, as well as the conſequent injuries the patient may experience, frequently depend upon the means employed in the firſt moments of the attack in acute diſeaſes, and upon the conduct adopted on the occurrence of ſudden and alarming circumſtances in chronic diſeaſes ; the moſt proper means to be employed on theſe occaſions will be diſtinctly laid down. The utility of theſe directions muſt be ſufficiently evident, as, particularly in the country, regular medical aſſiſtance often cannot be obtained, in theſe caſes of ſudden emergency, with ſufficient ſpeed ; and the diſtreſs and confuſion of thoſe around the patient, will be likely to impede the due exerciſe of their judgment ; and to prevent their exertions being made, with that promptneſs which the ſituation of the patient may demand.

Another important taſk I ſhall endeavour to perform, is that of inſtructing the attendants on the ſick, how they may beſt aid the effects of the means

preſcribed

prefcribed by the phyfician. In vain may the moft appropriate remedies be prefcribed, unlefs the directions with which they are accompanied be duly attended to. But unfortunately, it too often happens, that the orders of the phyfician do not exactly coincide with the opinions of thofe about the patient; and whenever this happens, it is much to be feared, that either the directions are not complied with at all, or only to fuch an extent as by no means will accompliſh the purpofe intended. When prefumptuous nurfes, or the timid friends of a patient, deviate from the directions of the phyfician, by omitting that which he has recommended, or by adopting that which has been fuggefted by fome neighboring doctrefs, the mifchiefs unfortunately do not ftop here; for, not chufing to have their folly known, they carefully conceal from the phyfician their departure from his directions. Puzzled at finding the meafures, which he fuppofes to have been employed, have failed of effecting thofe changes he expected; and, unable to account for appearances, the confequences of means which have been ufed without his knowledge, the phyfician is himfelf prevented from forming an accurate judgment of the ſituation of the patient.

Of fuch importance is the information which is required under this head, that I fhall not only take every

every opportunity to communicate particular directions ; but ſhall treſpaſs on your time, in this place, for the ſake of offering to your conſideration one or two general obſervations. Medical men have too frequently the opportunity of obſerving, that whenever, from the urgency of the caſe, meaſures apparently ſevere are recommended, the ſympathizing relatives, with more tenderneſs than judgment, delay puniſhing, as they term him, the poor ſufferer, until ſome trifling change ariſes, which may afford them the ſhadow of an excuſe for omitting them entirely ; and thus is the critical moment ſuffered to ſlip, without employing thoſe remedies which alone could have ſaved the patient.

The tormenting reflections, which muſt harraſs the minds of thoſe, who become convinced of having thus ſacrificed their friend or relation, muſt exceed the powers of conception ; they not only ſuffering regret for their loſs ; but, alſo experiencing the painful compunction, of having robbed the object of their affection of the only chance that exiſted, of obtaining a reſcue from the hands of death. One of the firſt objects of enquiry, on the death of a beloved friend or relative, is, whether the utmoſt that art could do has been performed ; the mind ſeeking to obtain ſome conſolation, from the aſſurance that no meaſures had been omitted, from which any advantage could have been de-

rived. Frequently it happens, that this enquiry is inſtituted, with too much ſeverity and unfairneſs, by the afflicted, ſelf-accuſing ſurvivors. Fear leſt they ſhould have imprudently occaſioned the event they deplore, magnifies every ſuſpicion ; and the recollection of the moſt trifling circumſtances fixes the barbed ſting in their mind.

On this eſſential point, therefore, I ſhall think it neceſſary frequently to dwell ; and to endeavour, by the arguments which each particular caſe may produce, to obtain that ſtrict compliance with orders, without which the beſt adapted medicines may fail of their effects.

In doing this another taſk will ariſe ; that of refuting thoſe vulgar errors and prejudices which frequently occaſion an injurious interference, as well as an equally pernicious neglect during the firſt attack of the diſeaſe. By ſhewing how unſupported ſuch opinions are by reaſon, and by pointing out the miſchiefs ariſing from their influence, much benefit muſt therefore ariſe. You will, I hope, believe, that I entertain no wild expectation of conquering the prejudices of doctreſſes and of nurſes themſelves. No ! The object of endeavour under this head, is entirely to warn the friends of the ſick, againſt the deluſive prophecies and counſels of theſe moſt dangerous ſibyls.

By

By expoſing the evils reſulting from the too frequent practice of domeſtic quackery, it may be hoped too, that the benevolence of the rich may be directed into more uſeful channels. At preſent it too frequently happens, that perſons of influence and property are too much diſpoſed, with the help of a family medicine cheſt, and a treatiſe on domeſtic medicine, to become the diſpenſers of phyſic to all their poor neighbors; and to believe, that they are thereby rendering more ſervice to the community, than by contributing to the ſupport of thoſe national benefits, public hoſpitals.

Having made theſe prefatory obſervations, I ſhall commence my promiſed undertaking with a few, I truſt uſeful, remarks on a diſeaſe, which, from the frequency with which it occurs, and from the danger with which it is accompanied, claims our firſt attention.

FEVER.

Fevers begin with ſome degree of cold ſhivering, to which increaſed heat and quickened pulſe ſucceed, with diminution of ſtrength and interruption and diſorder of ſeveral functions. In the progreſs of every fever may be diſcovered three different ſtates, which are termed the cold, the hot, and

and the ſweating ſtages or fits : theſe, ſucceeding in the order here deſcribed, conſtitute a paroxyſm. When theſe paroxyſms ſucceed each other, with but little abatement of the ſymptoms between them, ſlight tranſitory chills take the place of a cold ſhivering, and are ſoon ſucceeded by the hot fit ; this continues for ſeveral hours, and leſſens as a ſlight perſpiration comes on, but which is often very trifling, and ſometimes, as well as the cold fit, is hardly perceptible. The increaſe and abatement of the ſymptoms, not being ſo conſiderable as diſtinctly to mark the different ſtages of each paroxyſm, the diſeaſe appears to be one continued hot fit, and is therefore termed a Continued Fever. When, between each paroxyſm, there occurs an evident, but ſhort abatement, or remiſſion of the violence of the ſymptoms, the diſeaſe is called a Remittent Fever. When an interval of ſome hours occurs between each paroxyſm, in which there is a complete intermiſſion, the diſeaſe is termed an Intermittent Fever or Ague.

Continued Fevers are divided, according to their duration, into Slow or Acute ; they are again divided into Inflammatory or Nervous ; the latter ſometimes acquiring the farther diſtinction of Putrid or Malignant.

Intermittent

Intermittent Fevers are alſo divided, according to the length of the interval between each paroxyſm, into Quotidians, Tertians, and Quartans.

There are other neceſſary diviſions of Fever, but theſe are the moſt important, and ſufficient, I hope, to authoriſe me to make the following obſervation.

In a diſeaſe, which requires ſuch numerous diviſions to mark the differences between its ſeveral ſpecies, it muſt be obvious, that much ſtudy and experience muſt be neceſſary to enable any one to make a proper diſcrimination ; and, as theſe diſtinctions are indiſpenſably neceſſary to be made, previous to the determining on the plan of cure, you muſt plainly ſee that the cure ought only to be attempted by thoſe, who have carefully ſtudied the nature of the diſeaſe, and have diligently obſerved its ſeveral varieties. It muſt indeed be allowed, that it is not difficult to perceive theſe differences, and point out theſe diſtinctions, when the diſeaſe has nearly paſſed through its courſe. But, in almoſt every caſe of fever, it is neceſſary that this diſtinction ſhould be made, in an early period of the diſeaſe ; for ſhould any one, who attempts the cure of fever, not be able, in its beginning, to make the neceſſary diſcrimination, there exiſts the greateſt probability, that the evils he ſuffers to increaſe, as well as thoſe which he brings on by improper

proper treatment, will be too great and too numerous to be ſubdued, when the nature of the diſeaſe becomes known, and the moſt proper means for its removal is adopted.

It is very eaſy to lay down nice and accurate diſtinctions between diſeaſes, in books, and the mind of the reader is often ſatisfied of the eaſe, with which he could make a practical application of them ; but every phyſician knows, that theſe diſcriminations are not eaſily made in the firſt ſtages of diſeaſes, but by thoſe who poſſeſs that knowledge to obtain which, both ſtudy and experience are required.

For the ſake of exemplification, it is proper to remark, that the firſt ſymptoms of an acute inflammatory fever, and thoſe of a ſlow nervous fever, are often ſo ſimilar as to point out, very equivocally, the difference between theſe diſeaſes ; ſo that little chance can exiſt of any one, but an experienced obſerver, aſcertaining the ſpecies of the fever, until the occurrence of ſuch ſymptoms, as ſhall, not only ſtrongly mark its peculiar nature, but may alſo ſhew that the diſeaſe, aggravated by delay or injurious treatment, requires the utmoſt exertions of even the moſt ſkilful phyſician, to prevent a fatal termination.

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Since theſe fevers are well known to ariſe from two different, nay, contrary ſtates of the ſyſtem, their indications of cure muſt therefore be oppoſite; it muſt be obvious, that the adopting of the treatment adapted to the one, in the endeavour to remove the other, muſt be likely to be ſucceeded by very injurious conſequences; and yet, from what has preceded, it is very evident, that this miſtake is very liable to be made by thoſe domeſtic practitioners, who undertake the cure of fever, without a ſuſpicion of their own incapacity.

The difference which takes place in fevers from the change of ſeaſons, and the nature of the reigning epidemic, ought to be enquired into previouſly to inſtituting a plan of cure: ſince, from theſe circumſtances, a conſiderable difference may be occaſioned, in the nature of the diſeaſe, and conſequently in its mode of cure. But, from this information, the domeſtic practitioner muſt generally be precluded; it being, of courſe, confined to thoſe, whoſe profeſſion gives them the opportunity of remarking the progreſs of the diſeaſe, in many different ſubjects.

The ſmall-pox, meaſles, and other eruptive diſeaſes, as well as ſeveral diſorders which differ very much in their reſpective natures, do yet agree in this particular, that their firſt appearance very exactly

actly reſembles that of ſimple fever; and they often, even for the firſt two or three days, are without any particular ſymptom, by which their peculiar nature can be aſcertained, unleſs by thoſe, who are informed of the nature of the prevailing epidemic; and are well acquainted with thoſe particular ſymptoms, which are the threatening precurſors of theſe ſeveral diſeaſes. The miſchievous effects which muſt ariſe from the interference of the ignorant, in theſe caſes, muſt be ſo obvious, as not to require to be here particulariſed.

INTERMITTENT FEVERS OR AGUES.

Intermittent Fevers are compoſed of ſeveral diſtinct paroxyſms, in general, returning with a ſhivering, having an evident intermiſſion between each paroxyſm.

The ague begins its attacks with inducing a conſiderable degree of weakneſs and laſſitude, with frequent ſtretching and yawning; ſoon after a ſenſation of cold is felt in the back and extremities, which ſoon pervades the whole body; this increaſes, until the limbs, as well as the trunk of the body, become agitated with frequent violent ſhiverings.

ings. This ſtate continues ſome time, during which a violent pain of the back and head, and a ſenſation reſembling a ſtricture acroſs the ſtomach, frequently diſtreſs the patient; and the ſenſe of coldneſs becomes ſo great, that no endeavours to obtain warmth are of the leaſt avail; the agitation of the whole frame being alſo, ſometimes, ſo violent, that the patient is with difficulty held in his chair; the pulſe becomes ſmall and frequent; the breathing, oppreſſed; and the urine, clear and almoſt colourleſs. Theſe are the principal ſymptoms which diſtinguiſh the Cold Fit.

Theſe ſymptoms ſubſiding by degrees, give way to warm fluſhings, which gradually increaſe, until redneſs and heat, much greater than natural, is extended over the whole body; the patient, at length, burning with ſuch extreme heat as to be now, as ſolicitous for the refreſhing ſenſation of cold, as he was before anxious to mitigate its violence. His ſufferings become now increaſed by an almoſt inſatiable thirſt, and a pain of the head, ſometimes ending in delirium, and ſometimes bringing on a lethargic and almoſt apoplectic ſtate; the pulſe becomes more hard and full; the reſpiration, freer; and the urine, high coloured, but without ſediment. Theſe are the chief ſymptoms obſervable in the Hot Fit.

After theſe complaints have exiſted ſome time, the heat gradually declines, the thirſt leſſens, and the ſkin is relaxed, a ſweat gently breaks out on the head, and gradually diffuſes itſelf over the whole body : this increaſes, until it becomes profuſe, after which it abates, and by degrees entirely ceaſes. During this ſtage, which is termed the Sweating Fit, the pulſe becomes ſlower and ſofter, and the breathing more free ; the urine, after the ſweat has continued ſome time, depoſits a ſediment, which is generally of a reddiſh colour.

The above ſtages of the diſeaſe having been gone through, the patient enjoys an intermiſſion of the ſymptoms, which laſts according to the particular type which the diſeaſe aſſumes.

According to the length of time in which the paroxyſm returns, the ague obtains its name. If the paroxyſm returns every day it is termed a Quotidian, if every third day a Tertian, if every fourth day a Quartan, &c.

The remote cauſes of agues are, firſt, the effluvia which ariſe from marſhes or moiſt grounds acted on by heat ; ſecondly, cold, eſpecially when accompanied by moiſture. Theſe will neceſſarily act with more certainty, if a prediſpoſition to the diſeaſe exiſts. This prediſpoſition may be induced by too

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ſpare living, exceſſive fatigue, watching, exceſſive ſtudy, indulgence in crude and watery food and in ſpirituous liquors, and by preceding diſeaſes; particularly ſuch as have been attended with large evacuations, in a word, by every thing which tends to weaken the ſyſtem.

Although the ſymptoms, which have been deſcribed, may appear to be ſufficiently characteriſtic, to prevent agues from being miſtaken for any other diſeaſe, even by a domeſtic practitioner; yet ſuch an error may be very likely to take place: for intermittents are often accompanied by ſuch irregular ſymptoms, as render it very difficult to aſcertain the real nature of the diſeaſe.

The ſagacious Sydenham obſerves, that "It has "happened in every epidemical conſtitution, that "in ſome of thoſe who had the fever (the inter- "mittent fever) the fit did not begin with chills "and ſhivering, but the patient was attacked with "ſymptoms reſembling true apoplexy. What need "(he ſays) of more words, for it aſſumes ſo many "ſhapes as to imitate almoſt all the diſeaſes to "which mankind is liable?"

Need there be any reſerve then uſed, in pointing out this diſeaſe as one of thoſe, which does not come within the reach of domeſtic practice; ſince, from

from the ambiguity of its firſt appearances, ſuch miſtakes may take place as may prove dangerous in their conſequences? Beſides, fevers frequently occur, which, at firſt, appear in a continued form; but in which, after a little time, certain ſymptoms appear, pointing out, to the diſcerning obſerver, a diſpoſition to aſſume the form of an intermittent. In ſuch caſes, the greateſt ſkill is required; for on the mode of treatment adopted, at this period, the length of the diſeaſe, and the life of the patient, may depend: ſince, if due care be now taken, the diſeaſe may be brought to intermit, and ſoon afterwards be entirely removed; but, if this opportunity be loſt, its violence may be increaſed, and its duration dangerouſly protracted.

So much danger to a patient, and alarm to his attendants, will ſometimes be produced, by an intermittent ſuddenly changing into a continued fever, as ought to deter family practitioners from attempting the cure of ague. Another caſe of alarm and confuſion, to which they will be expoſed, is the irregularity with which the paroxyſm returns. The deviation is frequently ſuch, as will prevent, even the moſt intelligent, from directly determining, whether the fever is, or is not, an intermittent.

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After what has been already remarked, it cannot be expected that a full and regular plan of cure ſhould be detailed here. Inſtead of this, a general idea of the mode of cure ſhall be given, with a few detached, but, it is hoped, uſeful obſervations on the regimen and conduct of the patient.

The virtues of the Peruvian bark, in the cure of agues, are ſo univerſally known, that it may have the appearance of an artful caution, to ſuggeſt, that any difficulty or danger can ariſe, from the endeavours to obtain the cure of ague by its means. But every medical man knows, that, with the ague, may exiſt certain ſtates of the viſcera, which, if not corrected, previouſly to adminiſtering the bark, the ague may be, indeed, removed, but other diſeaſes, of a very ſerious and alarming nature, may be induced. On the other hand, caſes occur very frequently, in which, although the bark be given very early, and in large quantities, the ague continues to harraſs the conſtitution for a conſiderable time; and, at length, brings on ſuch an enfeebled ſtate of the ſyſtem, as may terminate in dropſy, and even in death itſelf.

Agreeable to your requeſt, I ſhall occaſionally point out ſome few paſſages in your once favourite book (Buchan's Domeſtic Medicine), as ſeem to be likely to be more productive of harm than of good;

good; accompanying them with ſuch obſervations, as may, in my opinion, prevent you, and my other readers, from being lulled into the neglect ariſing from a falſe ſecurity; or from being excited to the adoption of raſh and dangerous meaſures. The following paſſage is certainly not ſufficiently guarded, to prevent its being productive of very ill conſequences.—"Intermitting fevers, under a proper "regimen, will often go off without medicine; and "when the diſeaſe is mild, in an open, dry coun- "try, there is ſeldom any danger from allowing it "to take its courſe; but when the patient's ſtrength "ſeems to decline, or *the paroxyſms are ſo violent, that* "*his life is in danger*, medicine ought immediately "to be adminiſtered." *Domeſtic Medicine*, 11*th edit.* "*p.* 149.

The injuries which the ſtrongeſt conſtitution ſuffers, from repeated attacks of agues, are often ſo conſiderable, as to produce the worſt of conſequences. Surely, therefore, much evil may be feared from a paſſage like this, which is ſo likely to add to that ſupineneſs, with which many are diſpoſed to ſuffer the ravages of diſeaſe. The doctor afterwards ſays—"When the diſeaſe is *very* irregular, or "the ſymptoms *dangerous*, the patient ought imme- "diately to apply to a phyſician." But advice like this cannot but be prejudicial, both to the patient and

and the phyſician ; for if a patient is not to apply to a phyſician, until the ſymptoms are ſo violent, that his life is brought into danger, the opportunity of obtaining his recovery may be paſt by : and the fatal termination of the diſeaſe will often be imputed to the want of ſkill, in the attending phyſician ; when, its cauſe is only to be found, in the having permitted the tampering with domeſtic medicine to have produced ſuch effects, as no exertions of art could remove.

The empirical practice of thoſe, who depend on amulets and charms for the cure of this diſeaſe, is not of very dangerous tendency ; any farther, than as it tends to place the patient in a ſtate of imaginary ſecurity ; which induces him to waſte that time, in which he might, by proper means, have gotten rid of the diſeaſe. There are, indeed, numerous inſtances, in which we have reaſon to ſuppoſe, that the force of ſtrong expectation has produced ſuch effects on the ſyſtem, as have put off the paroxyſm, and even cured the diſeaſe. There are alſo ſeveral hiſtories of caſes related, in which the cure of ague has been produced by ſudden and violent affections of the mind : by a ſimilar operation, perhaps, it is, that thoſe remedies act, the taking of which occaſions a great degree of horror and diſguſt ; ſuch is the frequently mentioned remedy of ſwallowing a large ſpider, maſhed, and

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formed into a bolus, or involved in its web. Other remedies recommended by theſe practitioners are not ſo innocent, ſuch as a large doſe of gin, with the addition of pepper, or the ſudden application of cold water to the whole ſurface of the body. A melancholy inſtance of the ill effects of the latter practice I once witneſſed, in a young man, who had been for ſome time afflicted with an autumnal quartan: the good woman of the houſe, having purpoſely procured his removal out of the bed, ſuddenly threw over him a pail of cold water: the whole ſurface of the body directly had its florid hue changed for a livid purple, a conſiderable oppreſſion of the cheſt, with other alarming ſymptoms, directly came on, and, notwithſtanding the employment of the moſt powerful means to ſave him, he expired in a few hours.

The REGIMEN muſt neceſſarily be adapted to the ſeveral ſtages of the diſorder. In the cold fit, it is moſt likely, the patient will not be inclined to take much; a little barley-water, water gruel, or camomile-tea, for the ſake of promoting ſickneſs, will perhaps be all that is neceſſary. During the hot fit, the drinks may be barley-water, mint-tea, or orgeat; to which may be added, if the patient wiſhes it, the juice of lemons or oranges, and a ſmall quantity of the ſyrup of capillaire: although the ſweat is, in general, ſuppoſed to be ſooner induced,

duced, by theſe drinks being given ſlightly warm, yet it is not neceſſary, that the patient ſhould be entirely debarred, from the luxury of a draught of cold toaſt and water. When the ſweating begins, the drinks I have juſt enumerated may have a little white wine added to them; and, if the patient be able to take it, he may have a baſon of beef-tea, ſago, ſalop, &c. During the time of intermiſſion, the diet ſhould be as nutritious, as the patient's appetite and digeſtion may prompt him to adopt.

Every thing which contributes to keep up the natural diſcharge, by the pores of the ſkin, and which gives ſtrength and tone to the veſſels, is uſeful in the cure of this diſeaſe; hence exerciſe muſt be peculiarly proper, ſince nothing tends more to produce theſe beneficial effects. The exerciſe ſhould be of that kind, to which the patient has been moſt accuſtomed; and taken in the open air, unleſs wet weather, or damp ſituation, forbids it. Care muſt be likewiſe taken, that it be not uſed to ſuch a degree, as to occaſion much fatigue; ſince that, inſtead of reſtoring ſtrength, muſt induce debility.

Prevention. Thoſe who are particularly liable to returns of this diſeaſe, ſhould endeavour to mend that peculiar ſtate of the ſyſtem, which is known to produce a diſpoſition to it. This is to be accompliſhed by avoiding, as much as poſſible,

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the circumſtances above enumerated, under the head of remote cauſes, and carefully attending to the advice juſt given, as to regimen and exerciſe.

INFLAMMATORY FEVER.

This fever is very rarely met with, eſpecially in this climate, unleſs accompanied with the inflammation of ſome particular part.*

A conſiderable degree of ſhivering, and ſevere pain in the ſmall of the back, are the firſt ſymptoms of this fever. Theſe are ſucceeded by an intenſe heat of the whole body; the countenance becomes of a deep crimſon colour, every veſſel appearing turgid with blood; the eyes are red, and ſuffer much uneaſineſs from the admiſſion of light; the arteries in the neck and temples throb violently; the pulſe is ſtrong, rapid, and full; the ſkin, tongue, and all the inſide of the mouth, are parched; the urine of a very high red colour; and the patient complains of the moſt inſatiable and diſtreſſing thirſt. He likewiſe ſuffers from difficulty of breathing, and a conſiderable pain and confuſion in his head; and toſſes about in the bed, from exceſſive reſtleſſneſs. A delirious ſtate ſoon comes on; and, if,

* Dr. Blane obſerves, that the continued inflammatory fever is very uncommon in the Weſt-Indies.

if the diſeaſe be not oppoſed by ſucceſsful means, this ſymptom becomes ſo violent, that the exertions of four or five perſons will be hardly ſufficient to retain the patient in his bed. Soon after this, hiccough, ſtarting of the tendons, involuntary diſcharges, and cold, clammy ſweats, ſhew, that nature is nearly exhauſted, and the diſeaſe invincible.

Fevers which, in the courſe of a few days, will ſhew ſtrong marks of their being of the putrid kind, may commence with ſymptoms ſo nearly reſembling thoſe of the fever juſt deſcribed, as to render it very difficult to diſtinguiſh the one from the other. But theſe diſeaſes differ ſo much, in their real nature, and in the mode of cure they require, that a miſtake would, moſt probably, be ſucceeded by the moſt dreadful conſequences.

The cure of this fever is to be obtained by timely bleedings, proportioned to the ſtrength of the patient, and the violence of the diſeaſe; antimonial medicines, given with a careful attention to their doſes, and the effects they produce; the free adminiſtration of opening medicines; and the uſe of vegetable acids, neutral ſalts, ſudorifics, &c. as the ſymptoms may indicate. But ſhould even the difficulty of aſcertaining the diſeaſe be removed, and the malady be exactly known by the family practitioner, he certainly would not dare to attempt its

its removal: when, from his inability, not only of making a proper ſelection of the means, but of determining alſo the extent to which they may be employed, the life of his patient might very likely be loſt.

Regimen. This diſeaſe depending on too great an action and fulneſs of the veſſels, it is obvious, we ſhould carefully avoid ſuch things, as may be likely to increaſe either of theſe circumſtances. The room ſhould be kept cool, by a conſtant ſucceſſion of freſh air; the covering of the patient ſhould not be ſuch, as to allow of the accumulation of the heat of the body. The body ſhould be kept, as nearly as poſſible, in a ſtate of reſt; and, if the head appears to be diſpoſed to be deranged, the body ſhould be placed, as much as poſſible, in an erect poſture. Animal food, of every kind, muſt be ſtrictly refrained from, even in the form of broths; as well as all aromatic, ſpirituous, and even the weakeſt fermented liquors. Thirſt may be allayed by drinking freely of watery liquors, made pleaſantly acid with the juices of lemons, citrons, oranges, currants, &c. for this purpoſe, barley-water, mint and balm tea, anſwer very well; and, for the ſake of greater variety, orange-whey, tamarind drink, lemonade, orgeat, and capillaire, may be mentioned, as being well calculated for the ſame purpoſe. Oranges, currants, grapes, in fact, every

every fruit which the ſeaſon affords, may be allowed; and, when other fruit is not to be obtained, apples, roaſted or boiled, may ſupply their place.

The chamber ſhould be kept as quiet as poſſible, and ſomewhat darkened. The patient ſhould converſe no more than is abſolutely neceſſary; and every circumſtance, likely to intereſt his mind, ſhould carefully be kept from him. If the promoting of ſweating be intended, the hands and feet ſhould be frequently bathed, or fomented with warm water.

The preſent opportunity muſt not be paſſed over, of remarking on the evil conſequences ariſing from the neglecting of the phyſician's orders, with reſpect to the conduct of the patient, as to his regimen, &c. It is too frequent a practice, as has been before obſerved, with nurſes, and other attendants on the ſick, to make ſuch alterations, in this reſpect, as may reduce the plan recommended, a little nearer to their own ideas; and it generally happens, that this liberty is taken, even in thoſe diſeaſes, where an attention to theſe circumſtances is moſt neceſſary: for there the reſtrictions propoſed are ſuch, as are moſt likely to meet with oppoſition from the ignorant. Thus, by a miſtaken tenderneſs, the diet above preſcribed, will often be varied, and the life of the patient brought into danger,

ger, by thoſe who think, a patient muſt ſoon be ſtarved under ſuch a regimen. But, with the hope of preventing this dangerous interference, it muſt be here obſerved, that, in this ſtate, the patient will not only derive no more ſupport from the moſt nouriſhing diet, than from that which is here directed, but that he will be rendered, by it, more languid and uncomfortable : for the ſtomach, participating in diſeaſe with the reſt of the ſyſtem, performs its functions very imperfectly ; hence a very ſmall part of this food is digeſted, and converted into chyle, while the remainder occaſions to the patient, the moſt diſtreſſing ſenſations of anxiety and oppreſſion.

SLOW NERVOUS FEVER.

It is ſuppoſed, by ſome phyſicians, that the ſlow nervous fever, and the putrid malignant fever, are the ſame ſpecies of diſeaſe : and that the putreſcent ſtate of the fluids, diſcoverable in the latter, is an incidental circumſtance ; and therefore, only renders it a variety of the ſpecies : whilſt others have ſuppoſed them to be diſeaſes of entirely different ſpecies. But ſince, from the occurrence of ſymptoms denoting putridity, a conſiderable difference is required in the treatment, it is thought proper, without entering into the merits of the queſtion,

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to treat of them ſeparately ; as the more appropriate mode of treatment, in each caſe, may thereby be more clearly ſhewn.

The inſidious manner in which this diſeaſe makes its attacks, is one reaſon of its ſo frequently terminating fatally. The firſt departure from health is ſo gradual, and the ſymptoms ſo ambiguous, that very frequently the patient will have ſuffered the diſeaſe to have made a very conſiderable progreſs, before he eſteems it neceſſary to apply for aſſiſtance: and often will a diſcerning phyſician, when firſt called in this diſeaſe, diſcover a patient to be in a very alarming condition, who is not ſuſpected, by himſelf or his attendants, to be in the leaſt degree of danger. If this be duly conſidered, it muſt impreſs the mind of every one, with a conviction of the neceſſity of immediate application for regular medical help, at the firſt appearance of thoſe ſymptoms, which, in the following hiſtory of the diſeaſe, mark its beginning. If this be done, there is the greateſt probability, that the train of dreadful ſymptoms, which is there deſcribed as coming in ſucceſſion, will be checked in their approach.

The History of the Disease. This diſeaſe, in general, begins with extreme liſtleſsneſs, and unwillingneſs to move, with a ſenſe of wearineſs ; indifference to food, nauſea, depreſſion of ſpirits ; and

and frequent ſlight and irregular chills, alternating with tranſitory fluſhes of heat. A dull and heavy pain, with a ſenſe of coldneſs, poſſeſſes the back part of the head, and is accompanied by a ſlight giddineſs; the diſinclination to motion increaſes, the countenance is ſhrunk and pale, bearing evident marks of anxiety; the breathing is performed with ſome little difficulty, the patient complaining of an oppreſſion on the cheſt, and a tightneſs acroſs the pit of the ſtomach; frequently ſighing, without knowing for what cauſe. The ſymptoms generally get worſe as evening comes on; nature obtaining, at night, ſome ſlight refreſhment, from ſhort ſlumbers, interrupted by diſagreeable dreams. The urine, in this firſt ſtage of the diſeaſe, is moſtly clear and colourleſs. Theſe ſymptoms gradually increaſe for a few days, when the pulſe becomes ſmaller, and at the ſame time quicker, than natural; the tongue gets lightly covered with a thin mucous coat, which ſeems hardly to adhere to it. After the firſt week is paſt, the ſymptoms will, in general, be found much increaſed; the ſight of food, eſpecially of an animal nature, excites diſguſt; the ſhiverings are leſs, but the heat is in general more increaſed, and the cheeks are frequently very much fluſhed; the anxiety and inquietude of the patient becomes more intolerable, the giddineſs and pain of the head more diſtreſſing, light and noiſe

occaſioning

occaſioning much uneaſineſs ; the tongue becomes dry, red, and divided by large chaps : the urine, about this time, frequently depoſits a bran-like ſediment. The patient obtains no refreſhment from his ſlumbers, which are very much diſturbed ; he frequently mutters vague and unconnected ſentences ; the hands tremble ſo, as to prevent his guiding them to his mouth ; the fingers are in conſtant motion ; the tendons agitated with frequent ſtartings ; the pulſations ſo ſmall and quick, as with difficulty to be counted ; the tongue trembles ; and is with difficulty put beyond the lips. A profuſe ſweating in ſome, and a frequent purging in others, alſo occur, as the diſeaſe advances. If the remedies which have been had recourſe to, fail of producing the wiſhed effects, ſymptoms will ſoon appear, declaring the near approach of death : theſe are, a coldneſs of the extremities, which ſeem ſhrunk, and of a pale, and almoſt livid hue ; the nails appear almoſt of a blue colour ; the eyes loſe their ſenſibility and luſtre, ſwimming in tears, which now and then trickle down the cheeks ; the ſtools and urine are voided without the patient's knowledge ; the brain becomes ſo affected, that all recollection and ſenſe is loſt. A conſtant delirium accompanies this ſtate, but without any efforts of violence ; the deranged ſtate of the mind, however, being ſufficiently evident, from a conſtant mut-

tering of incoherent and ſcarcely articulated ſounds. Convulſive motions affecting the whole frame, or an inſenſible comatoſe ſtate generally cloſing the ſcene.

But ſometimes, even when the greateſt part of the above ſymptoms have come on, and death appears, to a common obſerver, as the inevitable conſequence ; a ſudden amendment will take place, produced, either by the happy effects of medicine, or ſome unexpected, favourable effort of nature. Inſtances of ſuch recoveries are by no means uncommon ; and render the caution, contained in the following paragraph, abſolutely neceſſary.

When the greater part of the above deſcribed appearances, are obſerved in a patient, the deſpair, and conſequent inactivity, produced in his attendants, however they may be regretted, can by no means be wondered at : the ſymptoms ſeeming to ſhew, that death muſt ſoon put an end to the calamities of the unhappy ſufferer. So great a degree of deſpair, indeed, poſſeſſes the by-ſtanders, in theſe diſtreſſing caſes ; that frequently, when the medical man ſees conſiderable ground of hope, they will, in the ſtrongeſt terms, condemn all attempts for his recovery, as uſeleſs and cruel : ſince they imagine, that by theſe ſuppoſed vain attempts, his torments are increaſed, and their duration prolonged. To the

the frequency with which this idea is adopted, may be attributed the death of numbers: for it ſeldom happens, when this opinion is entertained, that the ſtrongeſt remonſtrances of the phyſician, can produce the leaſt exertions of the attendants, except, indeed, during the time he is preſent; for immediately after his departure, all exertions ceaſe.

It is a circumſtance that muſt have occurred often, to every medical man, that having left a patient, in this, or the putrid fever, with the moſt earneſt entreaties to his attendants, to ſupply him regularly with medicines, and almoſt conſtantly with nouriſhment, he ſhall be told, at his next viſit, that they have not been able to procure the ſwallowing of a drop of either: and ſhould he order the experiment to be made before him, it will frequently happen, that the patient will take what is offered to him, not only with eaſe, but with avidity. Such conduct cannot find a ſufficient excuſe in miſapplied tenderneſs; ſince the conſequence, reſulting from ſo culpable an omiſſion, may be the death of one, who otherwiſe might have been ſaved: for, in all the long catalogue of diſeaſes to which we are ſubject, there are none, in which ſymptoms of ſo alarming an appearance are to be found, and where ſo great a poſſibility of recovery may exiſt, as in this, and the putrid malignant fever. Inſtances of recovery, from theſe diſeaſes, have

have been ſo really wonderful; that ſo long as the patient breathes, his attendants ſhould not devote themſelves to deſpair; but ſhould perſiſt in their endeavours with unabated aſſiduity.

Having already given you reaſon to ſuppoſe, that I would not ſcruple to ſtep out of my way, to give an uſeful admonition, I ſhall not apologize for the digreſſion, but point out one of the diſadvantages reſulting from intemperance. A phyſician, who is called to a patient afflicted with this or the putrid fever, will not fail to make enquiry reſpecting his former mode of living; ſince on the anſwer he obtains, his prognoſtic of the event of the diſeaſe will conſiderably depend: for, ſhould the patient have unhappily devoted himſelf, to habits of debauchery, and intoxication, there will be greater reaſon to apprehend a fatal termination of the diſeaſe.

To attempt to furniſh the domeſtic practitioner, with information ſufficient, to enable him to undertake the cure of this fever, would be fruitleſs; ſince it would be certainly ſafer, to omit medicine entirely; than to entruſt the management of the patient, in ſo dangerous a malady, to any but thoſe, who are enabled, by their knowledge of the human frame, and of the diſeaſes to which it is ſubject, to diſtinguiſh critical and ſalutary changes, from thoſe which are of a contrary tendency.

So

So general is an averſion to medicine, and ſo great is its ſway over weak minds; that every circumſtance, which tends to ſupport its tyranny, ought to be oppoſed: ſince it is not to be doubted, that many have loſt their lives, rather than mortify their taſte, or give up prejudices, which would appear ridiculous even in a child. Dr. Buchan, whilſt treating of the nervous fever, ſays, "Though bliſtering, and the uſe of cordial liquors, are *the chief things to be depended on*, in this kind of fever; yet, *for thoſe who may chooſe to uſe them*, we ſhall mention one or two of the forms of medicine, which are commonly preſcribed in it." Now it is very reaſonable to ſuppoſe, that many, who are guided by thoſe ſtrong averſions and prejudices, which I have juſt mentioned; if attacked with the diſeaſe we are treating of, would eagerly catch at this authority, and refuſe to make uſe of any thing, but *bliſters and cordial liquors; they being*, they would ſay, *the chief things to be depended on, in this kind of fever;* leaving other remedies *for thoſe who may chooſe to uſe them.* The very great attention, which has been, of late years, paid to this fever, has rendered the practice of phyſicians, of theſe days, exceedingly ſucceſsful; ſo much ſo, that the caſe muſt be attended by extraordinarily dangerous circumſtances, to prevent a cure being accompliſhed; even if the patient have but a ſmall degree of ſtrength left.

But,

But, notwithſtanding this, the beſt informed phyſicians know, that the various diſtreſſing ſymptoms which occur, oblige them to have recourſe to ſeveral powerful, and uſeful articles of the materia medica.

The Regimen. After the ſtomach and bowels have been cleared, the patient may be ſupplied with food of a light and nutrient kind; ſuch as ſago, rice gruel, panada, and ſalop, according as his inclination may dictate. Good white wine may be added to theſe, as may be indicated by the ſtate of the pulſe, and degree of languor; and, for the ſake of variety, he may be allowed to drink of red wine negus, bottled cyder, perry, and particularly, if the patient entertains a deſire for it, porter. Animal food ſhould be avoided; unleſs the patient is anxious for it, when it will ſeldom do harm. But when the patient regains a deſire for food, it will be beſt to begin with puddings of various kinds, ſhell fiſh, &c. reſuming his uſual diet gradually, as he finds his health return.

PUTRID MALIGNANT FEVER.

The effluvia ariſing from the human body, accumulated, and long retained in the cloathing, &c. and the effluvia ariſing from the bodies of thoſe labouring

labouring under this diſeaſe, are allowed to be the moſt uſual cauſes of this fever.

The Symptoms. This fever ſometimes comes on with a great degree of rapidity; but moſt frequently it attacks in the ſame ſlow and inſidious manner, as was remarked to be the caſe, with the ſlow nervous fever, juſt deſcribed. The ſhiverings, with which it in general commences, are, in ſome caſes very ſlight and tranſitory; in others, they are very violent. The ſhivering is ſucceeded by febrile heat; with pain in the head, loins, and, for the moſt part, alſo in the limbs; the dejection of ſpirits, as well as the loſs of power in the whole nervous ſyſtem, is particularly obſervable. The pulſe is ſmall, hard, and quick. Nauſea and vomiting, are, alſo, among the ſymptoms which appear at the commencement of this fever. The eyes ſoon have their luſtre diminiſhed; their glaſſy part appearing dull, and that part which is termed the white of the eye, becoming of a yellow hue, blended with red. The patient's breathing becomes laborious; and interrupted by frequent, deep, involuntary ſighings: and the cheeks aſſume a deep crimſon, approaching to a purple. As the diſeaſe advances, the pulſe increaſes in quickneſs, but loſes its hardneſs. The heat increaſes; ſo as to give a very uneaſy and laſting ſenſation of heat, to the fingers of any one, who applies them to the ſkin of the

the patient. Small red ſpots appear on the ſkin, reſembling thoſe remaining after the bites of fleas. The tongue gets exceedingly dry, and is, in general, covered with a hard rough coat, of a dark brown colour; the gums, and part of the teeth, are coated with a ſimilar covering. At length, if the remedies uſed, do not prove ſufficient for the removal of the diſeaſe, the pulſations of the arteries are reduced to indiſtinct, tremulous vibrations; the ſpots in the ſkin increaſe in number, and change their colour to a livid or dark purple. The patient conſtantly employs his trembling fingers, as though engaged in picking flocks off the bed-clothes, or, as in purſuit of ſome inſect: this he continues, until a ſtate of ſleepineſs ſucceeds to that of delirium; which ſoon terminates in ſo lethargic a ſtate, that the patient can hardly be rouſed, by the utmoſt endeavours of the attendants. Diſcharges of blood from the noſtrils, mouth, kidneys, &c. ſometimes happen juſt before the death of the patient; which is generally preceded, alſo, by convulſive motions of the whole frame.

The urine, through the whole of the diſeaſe, differs much in its appearance. The ſtools vary much, in different ſubjects, as to their frequency: in general, there exiſts a coſtive ſtate of the bowels, in the firſt days of the fever; and a fatiguing and depreſſing purging, towards the cloſe. Sweating,

which

which, in general, is obtained with great difficulty, in the early part of the fever; often comes on very profuſely, after the firſt eight or ten days; when it is ſometimes critical, and denotes a favourable termination of the fever: but ſometimes it is merely a conſequence of the debilitated ſtate of the ſyſtem, which, in that caſe, it invariably increaſes.

When the ſcene is contemplated, which has been juſt deſcribed; the propriety of not offering, in a publication of this kind, to deliver a plan of cure, muſt be ſo obvious; as to render it unneceſſary to offer any other reaſons, than thoſe which were given, when treating of fevers in general.

When doubt and alarm are excited, by ſuch a variety of diſtreſſing ſymptoms, the friends of the patient muſt poſſeſs, more than uſual hardineſs, to venture to aſſume the office of the phyſician. But, unfortunately, there are many perſons, who, although they will not depend on their own judgement, in propoſing a mode of cure, will ſubmit, at the recommendation of ſome ignorant, but well meaning friend, to uſe ſuch remedies, with boldneſs, which a perſon, properly informed, would uſe with the utmoſt timidity. Thus, bleeding is often had recourſe to, immediately on the appearance of fever, it being the popular opinion, that bleeding is the moſt effectual means of removing

that diſeaſe; whereas, the fact is, that there is not one caſe of fever in a hundred, that will admit of this evacuation. Caſes of this, and of the preceding fever, in which it is proper, are very rare indeed. The miſchiefs, which ſucceed to its being improperly had recourſe to, in theſe fevers, are, in general, ſo great; that no exertions, however ſkilful and vigorous, prove ſufficient, afterwards, to ſave the life of the patient.

Dr. James's Powder and Emetic Tartar are medicines, which are, almoſt always, employed, by family practitioners, in their attempts to remove fevers. But the operations of theſe, and of other antimonial medicines, are, in general, ſo violent, as to require the utmoſt caution in adminiſtering them. Not only is it neceſſary, that their doſes ſhould be exactly adapted; but alſo, that a ſtrict attention ſhould be paid, at the ſame time, to various other circumſtances, to ſecure their beneficial effects. When, in addition to theſe conſiderations, it is recollected, that debility of the ſyſtem is that ſtate, which moſt certainly renders this diſeaſe fatal, the aſſertion muſt obtain belief, that the ignorant employment of remedies, ſo powerfully debilitating, muſt be accompanied with the greateſt degree of danger. The celebrated Dr. Goldſmith loſt his life, by the imprudent adminiſtration of Dr. James's Powder, as was clearly proved in the account of his

his illneſs, publiſhed by his worthy medical attendant, Dr. Hawes. Numerous other inſtances might be adduced, of miſchiefs ſucceeding the employment of this, and ſimilar medicines, by domeſtic practitioners.

Another dangerous mode of treatment, which is frequently adopted in families, on the firſt appearance of fever, is; that of confining the patient to his bed, under a great load of bed-clothes, in a cloſe, heated chamber; and plying him, profuſely, with hot and ſpirituous drinks, for the purpoſe of forcing out perſpiration. But this effect ſeldom follows the uſe of theſe means; but, on the contrary, the conſequences of thus increaſing, that heat, which already exiſts in a morbid degree, will be found to be; the augmenting of the parched ſtate of the ſkin, and ſtill more rigidly cloſing its pores; whilſt the vigour of the ſyſtem, is, at the ſame time exhauſted, by this accumulation of irritating circumſtances.

Regimen, and Management of the Patient. Previouſly to delivering the advice which may be thought proper on this head, it is neceſſary to obſerve, that ſo much depends on the care and vigilance of the attendants, that no ordinary nurſe ought to be truſted with this office; unleſs the phyſician is exceedingly exact and deciſive, in his orders

orders; and the friends of the patient equally careful in ſeeing, that his directions are literally obeyed.

Whilſt endeavouring to obtain the cure of this fever, the phyſician will be anxious to ſupport the ſtrength of the patient, and to oppoſe the tendency to putreſcency, which takes place in the ſyſtem. To aſſiſt in the accompliſhing of theſe intentions, is the office of the nurſe; and of thoſe, who take on themſelves the kind, and important taſk, of tending the ſick: and is only to be executed, with advantage to the patient, by paying a ſtrict attention to the following points: the due adminiſtration of nouriſhment and medicines; the free admiſſion of freſh air; the preventing of the accumulation of putrid effluvia; and the careful uſe of ſuch means, as may be directed, for the alleviation of particular ſymptoms.

With reſpect to nouriſhment; it ſhould not only be light and eaſy of digeſtion, but it ſhould alſo be of an antiſeptic nature. It may, therefore, be compoſed of ſago, ſalop, panada, &c. to which may be added, wine, in a quantity proportioned to the ſtate of the patient. A glaſs of pure wine, ſuch as is moſt agreeable to his palate, may be alſo frequently allowed; in which may be dipped a piece of toaſt or biſquit. Where it is thought proper to truſt more to their antiſeptic, than to their

their cordial properties, wines made from fruit of our own growth, are preferable; ſuch as wine made from currants, which contain a greater proportion of the vegetable acid, or, at leaſt, in a leſs involved ſtate, than is to be found in the foreign wines. Cyder and perry, eſpecially if bottled, are exceedingly beneficial. But if, as is frequently the caſe, nature requires the free uſe of cordials; none are ſo ſalutary as claret, hock, or even the more generous wines, ſuch as port, ſherry, or Madeira. Where the circumſtances of the patient prevent his obtaining any of theſe, in the quantity required, bottled ale, or porter, will prove very uſeful ſubſtitutes. Nothing will be more ſerviceable, in correcting the ſtate of the fluids, than the free uſe of ripe and freſh-gathered fruits; of theſe, the moſt preferable are currants, mulberries, oranges, ſtrawberries, grapes, and raſpberries. When theſe cannot be had, their place may be ſupplied, by thoſe fruits which may be in ſeaſon; or which allow of being preſerved ſome time, as apples, pears, &c. and if theſe cannot be obtained, recourſe muſt be had to dried fruits and jellies, or marmalade, made by boiling the juices, or pulps of fruits with ſugar. Jelly, made of iſinglaſs or hartſhorn ſhavings, is very uſeful; being a very proper vehicle for the wine and acids; and conveying nouriſhment, at the ſame time, into the ſyſtem. Beef-tea,

or

or broths, when ordered, ſhould be made ſtrong of the meat; but carefully cleared from every particle of fat. The drinks, which may conſiſt of apple-liquor, wine negus, barly-water, &c. ſhould be given cold, and impregnated with the juice of lemons, oranges, or citrons. Inſtead of common water, Seltzer water ſhould be uſed, for all the drinks, which are prepared without heat. When the diſeaſe is nearly gone off, and the ſtomach appears to be regaining its powers, of digeſting and aſſimilating the aliment it receives; beef-tea, and broths made of different animal ſubſtances, ſhould be given more freely, and even ſolid animal food, may be permitted: eſpecially if the patient anxiouſly requeſt it: ſince it very ſeldom happens, that any ill conſequence follows, from indulging the patient in thoſe deſires: beſides, that the vexation and diſappointment, conſequent to the refuſal, might not be without injurious effects.

During the violence of the febrile heat, the patient ſhould be allowed the indulgence of cold ſpring water, for his drink; and may frequently be refreſhed, by wiping his face, hands, and arms, with cloths dipped in cold water, to which a little vinegar has been added. This recommendation, of the application of cold water to the ſurface of the body, may not ſeem to accord with the caſe I related,

related, when treating of ague, of a young man, who was killed by having a pailful of cold water thrown over him. But this poor fellow, worn down by a quartan ague, had been endeavouring, during the ſhivering fit, to excite ſome heat, by hovering over the fire; and had juſt retired to his bed, ſtill ſhivering, when the unfortunate affuſion took place. But, in fever, Dr. Currie, phyſician to the Infirmary of Liverpool, has ſhewn, that cold water may be poured over the naked body, not only without injury, but with conſiderable benefit; but this muſt be done, where circumſtances are widely different, from thoſe which exiſted in this caſe:—the ſtrength ſhould not be greatly reduced; the heat ſhould be ſteadily above the temperature of health; and no ſenſe of chilline's ſhould be preſent. The practice, ſucceſsfully employed by Dr. Currie, is not, however, to be adopted, without due information: the rules juſt mentioned, may, however, be of ſome advantage in directing the uſe of cold water, as a drink, &c.

Before I conclude theſe inſtructions, on the article of regimen, it is neceſſary to add, with reſpect to the uſe of wine, that, although it be abſolutely neceſſary during the continuance of this fever; and that, in ſuch quantities, as to render it ſurpriſing how conſiderable a portion may be taken, without producing any of thoſe effects, which would

would have proceeded from even a much leſs quantity, if taken by the ſame perſon, when in health: yet, as ſoon as the fever has left the patient, much caution becomes neceſſary in the uſe of it; ſince very diſagreeable circumſtances may follow, from too free uſe of it at this time. Several inſtances have been ſeen, where patients juſt recovered from this fever, during which they had ſwallowed, with ſalutary effects, conſiderable quantities of wine, have, upon drinking only a few glaſſes during their convaleſcent ſtate, experienced the return of a conſiderable degree of febrile heat, and even of delirium: nor, have theſe conſequences been either ſoon or eaſily removed. For although, during the diſordered ſtate of the ſyſtem, accompanying the fever, the patient be able to bear a much greater quantity of wine, than when in perfect health; yet, when the fever entirely ceaſes, the wine, not only affects him as before; but ſeems to have become capable of producing injurious conſequences, in proportion to the degree of debility induced.

For the ſake of preventing the accumulation of putrid vapours about the patient, great attention ſhould be paid to the ventilation of the room, and to the frequent changing of the bed clothes. The patient ſhould not be confined to one room, but be removed from one to another: that which he has

has left, having the windows and doors all thrown open, for the free paſſage of the air; the floors wiped with cloths, dipped in vinegar; and ſuch of the bed-clothes, as are not changed, expoſed to the current of air; ſince, by their known capacity for retaining effluvia, they may become ſo loaded with contagious and putrid matter, as to prove infectious to the attendants, and perhaps to impede the recovery of the patient. The apartment may be frequently ſprinkled with roſe-water, or vinegar, and filled with the odours of ſtrong ſmelling plants. The ſick perſon, in ſome caſes, ſhould be kept out of bed as much as poſſible; and placed ſo, as to face the current of air; the body being defended ſufficiently by the clothing, to prevent any inconvenience being experienced; but not ſo much ſo, as to heat the patient. It muſt be allowed, that this practice is not admiſſible, in every caſe of putrid fever; ſince circumſtances may ariſe, which will render it highly improper: theſe circumſtances, depending on various combinations, of the ſeaſon of the year, weather, conſtitution of the patient, &c. will be diſcovered and pointed out by the phyſician. But there is much leſs reaſon to fear, that this practice will be too frequently adopted; than that it will be neglected, in thoſe caſes in which it is recommended. For, too often, in this point, are the wiſhes of the phyſician oppoſed, and his

directions diſobeyed : the languor of the patient, and his unwillingneſs to be moved, with the prejudices againſt a practice ſo novel, forming, very often, almoſt inſuperable obſtacles. Indeed, it is very difficult to perſuade thoſe, who have not witneſſed the effects reſulting from this mode of practice, that it is not neceſſary, for every perſon in a fever to be kept cloſely confined to his bed, under a load of bed-clothes, and ſupplied with heating drinks. It frequently happens, therefore, that no ſooner has a phyſician left the room ; than the patient is ſupplied with warm liquors, the windows and curtains are cloſed, and the bed-clothes, which had been removed, are replaced. Such oppoſition to the directions of a phyſician, viewed in the moſt favourable light, is highly cenſurable : its being, in a great meaſure, the effect of ignorance, is all that prevents it from being really criminal.

Among the ſymptoms which occur in this fever, no one requires more care and management, than the delirium, which, in general, accompanies the diſeaſe, almoſt through its whole courſe. During this delirious ſtate, the patient is agitated with vague and irregular exertions, both of body and mind ; which muſt neceſſarily, in proportion to their frequency, and length of continuance, exhauſt the vital powers. To leſſen theſe exertions, ſhould be the taſk of ſome diſcerning and intelligent attendant ;

tendant ; who ſhould gently repreſs the patient's efforts, and ſoothe his anxiety.

Dr. Blane, in his obſervations on this fever, has ſome remarks on delirium, which, from their extreme utility, and from their being only to be found in a publication, not likely to be read but by profeſſional men, I ſhall introduce here ; with the hope of more widely extending the comforts, which they were meant to procure, to the unfortunate victims of this diſeaſe. "Delirium," he ſays, "ſeems chiefly to conſiſt in a falſe reference of our "ſenſations, whether external or internal : and "this is, in no ſort of fever more evident, than in "this. When any painful impreſſion, for inſtance, "is made by an external body, the patient, if in a "ſtate of delirium, does not refer it juſtly to the "part affected ; but the general agitation, and in-"coherence of ſentiments, will be aggravated for "the time. I have known a degree of heat applied "to the extremities, ſufficient to bliſter them ; yet "the part did not ſhrink, though the raving and "general uneaſineſs were increaſed. In like man-"ner, with regard to internal ſenſations, when an "irritation is excited, to expel the urine, or *fæces*, "the mind does not recogniſe it as ſuch, but from "a ſenſe of uneaſineſs, probably miſtaken for ſome-"thing elſe, an effort is made to relieve nature, which

"which is done without a proper conſciouſneſs, "and certain ſymptoms are produced, which are "well known marks of danger in this fever. In "watching thoſe, who have been under the in- "fluence of delirium, I have obſerved it increaſe, "when any particular want of nature urged; and "this would continue for ſome time, the patient "being incapable of procuring himſelf immediate "relief, on account of the falſe reference of ſenſa- "tion, that has been mentioned; but he would "become calm after voiding the urine or *fæces*, or "after receiving ſomething to drink, according to "the particular want that was preſent at the "time."*——"Delirium is one of the moſt con- "ſtant and alarming ſymptoms in this diſeaſe, and "the removing of it depends much upon the attend- "ants, as well as the phyſician.——I have ſeen a "temporary ſtop put to the patient's raving, by "making him drink, or upon his diſcharging "his urine or fæces; for he is then unconſcious "of thirſt and other natural wants, is therefore "ignorant of the means of ſatisfying them; and "when he does ſo, he fancies he is about ſomething "elſe, which is the ſubject of his delirious thoughts. "This obſervation leads to a material practical "purpoſe; for it follows from it, that unremitting "attention ſhould be given to the patient's feel- ings,

* Obſervations on the Diſeaſes of Seamen, by Gilbert Blane, M. D. p. 374.

"ings, and all his poſſible wants, as thoſe natural "notices, and inſtinctive cravings, which occur in "health, are now wanting, in conſequence of the "depraved ſtate of ſenſation."*

It was remarked before, when treating of the ſlow nervous fever, that, on the appearance of thoſe ſymptoms, which are, in general, ſuppoſed to be the harbingers of death; deſpair takes ſuch ſtrong poſſeſſion of the minds of the attendants, that it is with the utmoſt difficulty the phyſician obtains thoſe exertions, which may poſſibly ſave the life of the patient; and which, being omitted, he well knows, his death will be inevitable. The caution given there, is equally proper in this place; ſince it too often happens in this fever, as well as in the former, that patients are loſt for want of being, almoſt momentarily, ſupplied, with cordial and nouriſhing drinks: this omiſſion proceeding from the attendants ſuppoſing theſe exertions to be uſeleſs, and even cruel. Another reaſon, often given by thoſe, who have neglected to make uſe of the neceſſary means, is, the patient's incapability of ſwallowing: when, perhaps, if the phyſician himſelf ſhould make the trial, he would experience very little difficulty, in getting him to ſwallow a conſiderable quantity. To aſcertain the cauſe of this difference

* Obſervations on the Diſeaſes of Seamen, by Gilbert Blane, M. D. p. 398.

difference of ſucceſs, in the different attempts of the nurſe and the phyſician ; and to point out the proper method to be uſed in theſe ſituations, will be at leaſt proper to attempt.

In the advanced periods of theſe fevers, the brain, and whole nervous ſyſtem, are in ſo deranged a ſtate ; that a ſlight ſtimulous ſeldom excites the correſponding idea, which it was uſed to produce in health ; and, frequently occaſions no impreſſion at all. When a patient is in this ſtate, the merely emptying a ſpoonful of liquor into the mouth, is not ſufficient to excite thoſe muſcles into action, by which the act of ſwallowing is performed ; the liquid, therefore, remains in the mouth, until it eſcapes out at the corner of the lips ; or elſe, from a drop inſinuating itſelf into the windpipe, the whole quantity, from the violence and ſuddenneſs of the irritation, is thrown forcibly out at the mouth and noſtrils. The appearances, in either of theſe caſes, ſeem, at firſt ſight, to warrant the concluſion which is generally drawn from them, that the patient has totally loſt the power of ſwallowing : but, if the patient be ſo much arouſed from this delirious, or comatoſe ſtate, as to be apprized of the nature and intention of the endeavours that are making, he will generally be found ready enough to aſſiſt them. After rouſing him, by gently ſhaking,

ing, ſpeaking to him, raiſing him in the bed, &c. a ſpoon, filled with the liquor, that is intended to be given him, ſhould he put to his mouth; moving it about againſt the tongue, lips, and ſides of the mouth, until he is diſcovered to have ſwallowed the few drops that have fallen from the ſpoon. It now appearing, that the muſcles ſerving to deglutition, are capable of performing their office, the whole quantity is to be poured into the mouth, and followed by as much more as may be thought neceſſary; ſince, after having been thus rouſed into action, it will be ſome little time, before they relapſe into their previous ſtate of inſenſibility.

Another circumſtance alſo occurs, in the comatoſe ſtate of theſe fevers, from which the nurſes are too likely to form a prognoſtic, which muſt neceſſarily confirm them in their deſpondency; but this ſymptom frequently is to be ſeen, without bearing that fatal import, which is commonly ſuppoſed. Where death comes on ſlowly, and the natural actions ſtop gradually, ſome little time before life ceaſes, the mucus or phlegm collects in the back part of the fauces, from the inſenſibility and loſs of power in thoſe parts, which, in health, ſerve to expel it; and, by occaſioning an interruption to the paſſage of the air, in inſpiration and expiration, a rattling noiſe is produced, which is termed,

by

by the nurſes, *the rattles*. Whenever, therefore, this accumulation of phlegm, and conſequent rattling, takes place, in any caſe, where the diſeaſe has continued for a little time; the good women, expecting that death will ſoon follow, reſolutely oppoſe the making of any attempts for the recovery of the patient, or the ſupport of his ſtrength. But, in the advanced periods of theſe fevers, this ſymptom may frequently appear, without being accompanied by that degree of danger, which is in general ſuppoſed: for a conſiderable quantity of mucus is ſecreted, at this time, by the glands, which are placed about the back part of the fauces; and is there gradually collected, in conſequence of the patient, from the diſordered ſtate of his brain, not experiencing any inconvenience from it; and, therefore, employing no efforts for its removal.

The mucus thus accumulated, and rendered exceedingly tenacious, by the increaſed evaporation, from the patient's breathing with his mouth open; by obſtructing, and almoſt cloſing the paſſage, produces the effect above mentioned. At the ſame time, in conſequence of this mode of breathing, the teeth, gums, and tongue become dry; appearing as if covered with a dry, hard, and black varniſh, and ſeem to denote immediate diſſolution. But it frequently happens, that it, inſtead of abandoning

doning the patient in deſpair ; the neceſſary exertions are made, the patient is raiſed and ſupported in his bed, the mouth and throat conſtantly moiſtened by nouriſhing and cordial drinks, theſe ſymptoms will ſoon diſappear, and the patient probably recover.

PREVENTION. The neceſſity of conſtantly ventilating the chamber of the ſick, and of filling it with the fumes of vinegar, &c. to expedite the cure of the patient, has been already ſtated. But, it is neceſſary to be more particular on this head ; ſince, by the proper management of ſuch means, the ſpreading of the infection to the attendants, the reſt of the family, and even the neighbourhood, can alone be prevented.

By the ingenious and aſſiduous enquiries of modern phyſicians, we have obtained conſiderable information, as to the nature of the contagion, which produces fever. They have even traced it to the ſources, whence it ariſes ; and have diſcovered it in the *miaſma*, or vapour riſing from foul and ſtagnant waters, and from marſhy lands ; in the *effluvia* from an healthy body, which has been ſuffered to accumulate in foul clothing, and cloſe apartments ; and the effluvia ariſing from the body of one affected with fever.

It has been aſcertained, by a variety of experiments,

I. That various ſubſtances may become imbued with theſe *effluvia*, and retain them for a conſiderable time.

II. That theſe *effluvia*, ſuffered to remain long at reſt, in ſuch ſubſtances; not only retain their noxious powers unimpaired, but ſeem to poſſeſs an higher degree of virulence, and more active powers, than thoſe which ariſe immediately from an human body.

III. That the ſphere of action of theſe *effluvia* extends, but to a ſmall diſtance from the body, whence they ariſe; or from the ſubſtance, in which they are contained.

IV. That their power of communicating infection, is leſſened, in proportion, as they are diffuſed through the atmoſphere.

V. That the ſpace of time is very different, according to different circumſtances, in which infection manifeſts its preſence, by any evident changes produced in the ſyſtem: theſe changes ſometimes immediately following its introduction; whilſt, in other caſes, ten days or a fortnight will elapſe, before its effects are diſcoverable.

VI.

VI. That infection, like ſome other poiſons, does not affect thoſe who are accuſtomed to it; eſpecially, if it be gradually applied. Hence thoſe about whom the poiſon is generated, may be leſs ſuſceptible of injury from its influence: and phyſicians and nurſes eſcape, while the viſitors of the ſick, become infected.

VII. That cold, which, in general, has been thought to have produced different effects, contributes to the increaſe of infection.

I am convinced, that, when you conſider the dangers, to which the juſtly celebrated phyſicians muſt have expoſed themſelves, who have eſtabliſhed theſe facts, by experiments, and accurate obſervations; you will readily allow, that the world is highly indebted to them, for their enthuſiaſtic exertions in the cauſe of humanity; and will, perhaps, feel, with me, a conſiderable regret, that any motive ſhould induce an intelligent phyſician, to whom all this is known, to aſſert, in a popular work, that "very few of the valuable diſcoveries "in medicine, have been made by phyſicians: they "have, in general, been the effect of chance, or "of neceſſity, and have been *uſually oppoſed by the* "*faculty*, 'till every one elſe was convinced of their "importance."

Domeſtic Medicine. Introduct. p. xxii.

Such

Such an accuſation as this, unſupported by a tittle of evidence, cannot require a defence to be ſet up againſt it; however much, it may merit a ſevere comment.

But to return to that, which is of much more conſequence.—We were remarking, that cold contributes to the increaſe of infection. The importance of this obſervation to every family, and its contradicting the generally received opinion, demands, that the arguments advanced in its favour, by Dr. Blane, ſhould appear in his own words.—"Cold is favourable to infection, by preventing "ventilation; for people exclude the air, in order "to keep themſelves warm; and the poor, in par-"ticular, do ſo, on account of their bad clothing, "and their not being able to afford fuel, to make "good fires. Heat is the great deſtroyer of infection, "and ſeems to act by evaporating, and thereby "diſſipating it; and the effect of fires in apart-"ments, is to produce a conſtant change of air; "thereby preventing its ſtagnation and corruption, "and the accumulation of unwholeſome effluvia."*

To leſſen the probability of the contagion being diſſeminated, all unneceſſary intercourſe with the ſick, ſhould be avoided: and in addition to the means already propoſed, for correcting the air of the

* Obſervations on the Diſeaſes of Seamen, by Gilbert Blane, M. D. p. 250.

the apartments, the mode recommended by Dr. James Carmichael Smyth, for obtaining the nitrous or marine acid, in a ſtate of vapour, may be employed. It conſiſts in decompoſing nitre, or common ſalt, by means of heated vitriolic acid, which may be done, as follows.—Put half an ounce of vitriolic acid, into a glaſs, or china cup, or deep ſaucer; warm it, by placing it in heated ſand, adding to it, from time to time, ſome common ſalt. By a ſimilar proceſs, as ſuggeſted by Mr. W. Blizard, Surgeon of the London Hoſpital, "the *kali* "*acetatum* (diuretic ſalt, of the ſhops) being added "to the vitriolic acid, the acetous acid becomes "inſtantly ſeparated from its alkaline baſis, and "preſents itſelf, pungent, and refreſhing, in a de-"gree even beyond the foſſil acids." *

The neceſſity of an attention to theſe admonitions, may be rendered, perhaps, more evident, by conſidering; that the effluvia exhaled from one perſon, during the night, will, in general, be found to be very pungent and diſguſting, to any other perſon, who may enter his bed-room; whilſt the perſon, from whom they may have ariſen, will hardly be ſenſible of any particular odour. The ſame is to be obſerved of clothing; ſince the ſmell proceeding from foul clothing, is often extremely

* Suggeſtions for the improvement of Hoſpitals, and other charitable Inſtitutions, p. 54.

ly offenſive to others, whilſt the wearer of them does not experience the leaſt inconvenience. The organs of ſmell, in the perſon who generates theſe effluvia, being as little ſuſceptible of impreſſion from their ſenſible properties; as his ſyſtem may be, from any peculiar virulence, they may poſſeſs. Hence, much miſchief may ariſe; ſince a perſon may thus carry about with him, a matter not only highly offenſive to others; but, perhaps, poſſeſſing properties very dangerous to any other perſon, who may come within the ſphere of its action: whilſt he is himſelf unconſcious of its poſſeſſing either of theſe active powers.

Another caution, not in general ſufficiently attended to; is to properly ventilate, and fumigate, the clothes, which had been worn by the patient, in the early days of the diſeaſe; and which, being moſt probably the ſame which were worn, at the time when he was expoſed to the influence of the contagious matter, may ſtill retain a ſufficient quantity of the poiſon to communicate the diſeaſe.

Great care is neceſſary, in the management of the patient, even after the total removal of the fever. He will be now left in ſuch a ſtate of debility, that the ſlighteſt exertions may prove too much for him: even the congratulations of his rejoicing friends muſt be reſtrained; and great

care

care be taken, that he be not exhauſted, by converſations with repeated viſitors. The food, which his returning appetite demands, perhaps with avidity, ſhould be given in ſmall quantities, and frequently: and the quanitity of his wine, as already mentioned, ſhould be conſiderably diminiſhed. Exerciſe ſhould be adopted, with the greateſt care; leſt too much fatigue be induced. Some caution, alſo, muſt be employed, as to the expoſure to the air, in guarding againſt the cold, by proper clothing; particularly, by the uſe of flannel next the ſkin. Removal into the country, is generally recommended to the convaleſcent; but particular care is neceſſary, that he be not immediately ſent to a ſituation, in which the air is much colder, than that from which he is removed; leſt an inflammation of the inteſtines, or lungs, be induced.

Should any one have reaſon to ſuppoſe, he has received the infection of this fever, from the appearance of thoſe ſymptoms, which mark its commencement; and particularly, from a diſagreeable ſenſe of ſinking and uneaſineſs at the pit of the ſtomach; it will be adviſable, as ſoon as poſſible, to cleanſe the ſtomach by an emetic, and to gently open the bowels; immediately after which, ſweating may be promoted, by freely drinking white wine

wine whey. Should theſe means not prove ſufficient, a bliſter may be applied to the nape of the neck ;—or rather, if theſe fail, immediate application ſhould be made, for the advice of the intelligent and experienced phyſician.

By the late diſcoveries reſpecting the conſtituent principles of atmoſpheric air, phyſicians have been enabled to eſtabliſh certain principles, on which they can proceed with greater confidence, in the treatment of this, and many other diſeaſes. A knowledge of theſe diſcoveries, and of their application by the healing art, cannot but be a pleaſing and intereſting acquiſition to any one ; but it is more,—it is a branch of ſcience, which ſhould be generally known. The friends of the ſick, poſſeſſed of this knowledge, and conſequently appriſed of the principles, on which the phyſician proceeds to obtain a cure, can then more powerfully aid his endeavours : nor is this all—they alſo gain a knowledge of the principles, on which they ought to proceed, for the preſervation of their own health. The Medical Extracts of Dr. Thornton communicate this information, in a moſt pleaſing manner. Medical men wiſh not for ignorance, either in their patient, or his friends : they know, that whilſt exerciſing the duties of their profeſſion, the knowledge of the firſt principles of medical ſcience, will always

always yield them the ſtrongeſt aid ; whilſt ignorance will beſt provide the prey of the rapacious empiric.

I have given a ſlight ſketch of the principles, on which airs of different purity are employed in different diſeaſes, whilſt treating of Conſumption. I ſhall therefore, here, only introduce the evidence of the ingenious Rev. Joseph Townsend, author of the Guide to Health, &c. as to the uſe of vital air in this diſeaſe. "In my putrid fever, whenever the air of my chamber was artificially *oxygenated*, as my phyſician, Dr. Thornton, often witneſſed, my reſpiration was pleaſant, my oppreſſion at my cheſt relieved, and I was enabled to breathe freely through the noſtrils, without the aſſiſtance of my mouth, which I could not do before the room was oxygenated. At the ſame time, I am convinced that my appetite was greatly increaſed, my occaſional ſleeps rendered ſound and undiſturbed, and my digeſtion conſiderably quickened."

On account of the comfort it muſt yield to parents, to learn that infants are not ſo liable to fevers as adults, I ſhall cloſe theſe remarks on this fever, with the opinion of Dr. Underwood on this ſubject.

The Doctor has obſerved, for many years, as well in the hoſpital, as in private practice, that in-

fants do not readily take common fevers, though expoſed, for a long time, to that contagion, which has appeared to affect adults around them. He alſo obſerves, that every phyſician attending lying-in hoſpitals, muſt not only have known many infants ſuckled, without injury, through the whole ſtage of bad fevers, from which mothers have recovered; but alſo, in other inſtances, ſucking greedily within an hour or two of their mother's death.

REMITTING FEVER.

Such fevers, as ſuffer irregular abatements, or remiſſions, of their violence, are termed Remitting Fevers. Remitting fevers hold a middle place, between continual and intermittent fevers. Continued fevers, in changing to intermittents, in general, take on the appearance of a remittent, before they clearly intermit. Intermittents, alſo, which are becoming continued fevers, have irregular remiſſions, in the place of thoſe clear intermiſſions, which before characteriſed them.

This, like other fevers, commences with a coldneſs and ſhivering; accompanied by violent pains in the head, and back; great dejection of ſpirits, loſs of ſtrength, and frequently a conſiderable difficulty of breathing. Sickneſs at the ſtomach, giddineſs,

dineſs, and frequent hiccups, ſhew that the firſt paſſages are charged with offenſive matters. The cold ſtage is ſucceeded by a conſiderable degree of heat; the pulſe, which in the cold fit was ſmall and quick, becomes fuller, but abates not of its quickneſs. The pain of the head and back increaſe; and the naufea is augmented, until it terminates in copious vomitings of bile; diſcharges of bile, by ſtool, alſo often take place. Theſe ſymptoms continuing ſome time, the ſkin, which had hitherto been dry and hot, becomes moiſtened with ſweat; which ſometimes flows very freely. Soon after this, the ſymptoms abate, ſome ceaſing entirely, whilſt others are much leſſened; the patient flattering himſelf with the hopes of health ſpeedily returning; but theſe pleaſing illuſions, are ſoon diſſipated, by a return of the paroxyſm; which comes on with increaſed violence. The diſorder proceeds thus, the paroxyſms alternating with the remiſſions, until the remiſſions, which leſſen each time, are, at laſt, entirely loſt; the fever aſſuming a continued form. The diſcharges now become very offenſive; a conſtant delirium and reſtleſſneſs takes place; and, if the fever be not oppoſed by means ſufficiently powerful, ſtartings of the tendons, profuſe clammy ſweats, and convulſions, come on; which ſoon terminate in the death of the patient.

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In the cure of this fever, one important indication is, the removal of the accumulated bile; but the ſame motives, which have forbidden, the detailing of the mode of cure, in the other ſpecies of fever, prevent its admiſſion, in the preſent inſtance. In this diſeaſe, the moſt vigilant attention is required; nor will this be ſufficient, unleſs united to ſkill and experience.

Early, regular aſſiſtance ſhould be procured, indeed, in every caſe of fever; but, in no caſe, is the watchful eye of the phyſician more neceſſary, than in this: for if he be called early in the diſeaſe, and diſcover the nature of the fever, which is, in general, ſufficiently apparent to the experienced; he, by timely and well adapted evacuations, will remove that accumulation of ſordid matter, in the firſt paſſages; which, in the courſe of the diſeaſe, would be likely to occaſion much trouble and danger. As the diſeaſe proceeds, he will be enabled to aſcertain the critical moment, when he may venture on the free uſe of the bark; the omiſſion of which, might, moſt probably, occaſion the loſs of the patient: or, if uſed incautiouſly, would render every ſymptom more violent; and the diſeaſe, of courſe, leſs likely to be removed. Should ſuch circumſtances occur, as may ſeem to forbid the uſe of this valuable medicine; the intelligent phyſician

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will often be enabled, by a due attention to the rules of his art, to effect thoſe neceſſary changes, which will render the employment of it ſafe and beneficial.

Languor, nauſea, giddineſs, and diſinclination to motion, often precede, for ſome days, the ſhivering, which introduces this fever. At this juncture, the adminiſtering of an emetic; and ſome gentle medicine, to produce a diſcharge from the bowels, would probably prevent the coming on of the fever; eſpecially, if ſucceeded by a proper uſe of the bark.

By a regard to the rules, already laid down, the attendants on the ſick, may derive ſufficient inſtructions for their conduct in the progreſs of this fever.

HECTIC FEVER.

In hectic fever, there are two evident exacerbations, in every twenty-four hours: one of theſe happens about noon, and continues the greater part of the afternoon, then ſuffers a ſlight remiſſion; as evening comes on, a freſh exacerbation takes place, which continues until after midnight; another remiſſion taking place about two or three o'clock in the morning, about which time, or, in general,

general, later, a profuſe ſweating alſo frequently comes on. During the feveriſh ſtate, an exceſſive heat is felt, in the palms of the hands, and the ſoles of the feet. The urine is, in general, of a high colour, and depoſits a bran-like ſediment ; but of a reddiſh hue. This fever is generally ſuppoſed to exiſt only as a ſymptom of ſome other diſeaſe, and as a conſequence of the injury of ſome particular part. It moſt frequently occurs, when a collection of matter has taken place.

Since hectic fever is not a primary diſeaſe, I ſhould not have treated of it ſeparately, if I had preferred an attention to the rules of arrangement, to the important point of calling the attention particularly, to that ſtate I have juſt deſcribed ; which never exiſts without danger ; and which is often to be found, where it has not excited the leaſt alarm.

Wherever this diſeaſe is met with, there may it be expected, that the ſyſtem is harraſſed by ſome local affection, of a dangerous tendency ; and if proper medical help has not been yet obtained, no time ſhould be loſt, before application is made to ſome one, to whom ſtudy and practice have given acuteneſs, in diſcovering the difference of diſeaſes, as well as a knowledge of the moſt judicious modes of treatment.

INFLAMMATION.

INFLAMMATION, unleſs very trifling, is preceded by a ſenſe of coldneſs, and by ſhivering: to theſe ſucceed an increaſe of the heat of the whole body, oppreſſion, and thirſt: the pulſe becoming full, hard, and quick; and the urine high coloured. A ſenſation of fulneſs and tenſion, with a preternatural ſenſibility, is experienced in the part, which is the ſeat of the inflammation; with a degree of heat, proportioned to the degree of the diſeaſe; and a pulſatile, or throbbing pain, which is more or leſs violent, in ſome caſes, than in others: the difference depending, in a great meaſure, on the ſtructure of the affected part. The blood veſſels, as far as the inflammation extends, are diſtended with blood: and thoſe veſſels appear to be filled with red blood, which, in a natural ſtate, do not appear to receive it at all.

The blood, which is taken away in theſe diſeaſes, is, when immediately drawn, of a dark colour; and in a more fluid ſtate, than that which is taken away in health, or in thoſe diſeaſes where inflammation does not exiſt; whilſt coagulating, its ſurface is mottled with waves of a purpliſh hue; but as ſoon as the coagulation has taken place, the ſurface of the coagulated part becomes covered with

a buff cruſt : but this appearance is not conſtant ; ſince, though it might otherwiſe ſhew itſelf, it may be prevented, by certain circumſtances in the taking it from the vein, in the receiving it in the veſſel, &c.

Inflammation may terminate either by diſperſion, ſuppuration, or mortification.

Reſolution, or diſperſion, is ſaid to take place, when the cure is performed, while the texture of the part remains entire. This termination may be expected, when the diſeaſe is ſlight, and when proper means have been had recourſe to, in the early part of the diſeaſe.

If the diſeaſe be violent, or ſhould it not be oppoſed by means, ſufficiently powerful ; the pulſatile or throbbing pain increaſes, with the other ſymptoms, until ſuppuration, or the formation of matter, takes place. This is known by the pain, heat, and redneſs abating : and, at length, by the diſcovery of a fluctuation of a fluid, in the diſeaſed part.

But ſhould the diſeaſe have exiſted a conſiderable time ; and, inſtead of yielding any of thoſe appearances, from which we might conclude that ſuppuration was about to take place ; the pain, heat, and redneſs ſhould increaſe to a conſiderable degree ; it

it may then be feared, that the diſeaſe will terminate in a gangrene or mortification. When this change is taking place, the colour of the part, from a bright ſcarlet, becomes a dark crimſon ; bliſters ariſe on the part ; the tumour ſubſides, the part becoming ſoft and flaccid ; and from being violently pained, becomes nearly inſenſible. The deep red colour is now exchanged for a livid purple : the part at length becomes quite black, and having loſt all life, exhales a cadaverous ſmell ; and, if health ſhould be reſtored, is at laſt thrown off by the action of the ſurrounding live parts.

It cannot be neceſſary to be more particular, as to the terminations of inflammation : the deſcription of the appearances which take place, on the ſeveral terminations juſt mentioned, may be, however, highly uſeful ; ſince, by an attention to it, thoſe who venture on the dangerous practice of domeſtic quackery, may be enabled to diſcover when danger is threatened, in conſequence of their neglect, or improper interference.

In every inflammation, there is an increaſed action of the veſſels of the part, and, indeed, of the heart itſelf, and of the whole ſyſtem of blood-veſſels.

To effect the cure of inflammation, therefore, thoſe means ſhould be employed, which are known to be effectual, in reſtraining this inordinate action. Among the firſt of theſe, may be reckoned bleeding. Blood, therefore, ſhould be taken away, in the firſt place——but, arrived at this point, how ſhall I proceed? Shall I attempt to furniſh the uninformed with particular rules, by which he ſhall determine, as to the quantity of blood to be taken away, as to the mode in which it is to be drawn, &c.? You muſt plainly ſee, that this ought not to be attempted; and that I ſhould rather ſay, that every caſe of inflammation, which requires general bleeding, muſt be a malady of ſo ſerious a nature, as to demand all that art and ſcience can perform. I ſhall, therefore, here only make ſome general obſervations, on the means of cure: ſhewing the many difficult and important points, in which an accurate deciſion will be demanded; and leave it to you, and the reſt of my readers, to judge of the propriety of taking, without the beſt advice, even this firſt ſtep, in the attempt to obtain a cure.

In aſcertaining the quantity of blood to be taken away, not only muſt the ſex, age, and ſtrength, be conſidered; but alſo the degree of violence of the diſeaſe, and the importance of the part affected, to the œconomy of the ſyſtem. The quantity being determined on, it is next neceſſary to aſcertain, from

from what part the blood ſhall be taken. In ſome caſes, where it is required, to produce a conſiderable effect on the whole ſyſtem; it may be taken from the moſt convenient part, however diſtant from the part affected: but where it is only neceſſary to leſſen the quantity of the blood, determined into the diſeaſed part; topical bleedings ſhould be employed, as near as convenient to the inflammation. If topical bleeding be reſolved on, the ſituation of the diſeaſed part, and other circumſtances, muſt point out the mode; whether by opening a vein, near the part, or by the application of leeches, or by cupping. When it is determined, as to the quantity, and the mode by which it is to be taken away; it is neceſſary to conſider, in what ſpace of time, the given quantity ſhould be obtained. In moſt caſes, the evacuation ſhould be procured in as little time as poſſible; the more ſpeedily the diſcharge being made, the more conſiderable, in general, being the curative effects: but in other caſes, if the blood be not taken away, with the utmoſt ſlowneſs and caution; a ſufficient quantity will not be obtained, to be productive of any real benefit. Nor is it a matter of trifling conſequence, to aſcertain whether a ſlight topical bleeding may be ſufficient, for the removal of the diſeaſe; or whether a more large and general bleeding be neceſſary: for, on the one hand, if too ſmall a

quantity

quantity be taken, the diſeaſe will not be removed; and, on the other, from too large a quantity being taken away, there is danger of inducing other diſeaſes, more difficult of removal than the original complaint.

One of the moſt powerful means, next to bleeding, of relieving the overloaded veſſels, and of leſſening the diſeaſe, is the proper adminiſtration of purgative medicines: but no ſmall degree of judgement is neceſſary, in determining what kind of purgative ſhould be employed; ſince, in ſome caſes, thoſe only ſhould be had recourſe to, as produce the leaſt irritation; ſuch as manna, neutral ſalts, &c. whilſt, in other caſes, thoſe of the ſtrongeſt kind, ſuch as calomel, ſcammony, jallap, &c. muſt be had recourſe to. This evacuation ſhould not be perſiſted in to the ſame degree, in every caſe; and there are caſes, where even greater relief will be experienced, by procuring an evacuation of a different kind; ſuch as that by perſpiration, which will ſometimes, indeed, be productive of more advantage than even bleeding itſelf. In thoſe caſes, where ſudorifics are employed, purgative medicines, any farther than juſt to obviate coſtiveneſs, are ſometimes, not only unneceſſary, but even incompatible with the uſe of ſudorifics; ſince, by the neceſſary ſhifting of poſture, occaſioned by their operation, there is a probability of giving a check

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to the flow of perſpiration ; and thereby occaſioning, an increaſe of the original complaint.

Neutral ſalts, vegetable acids, &c. are uſeful ; ſince they appear to poſſeſs, a power of diminiſhing the increaſed action of the blood-veſſels, and, conſequently, the impetus of the blood flowing into the diſeaſed part.

The external applications, which may be uſefully employed, in the cure of inflammation, are numerous, and muſt be varied, according to what is pointed out by the different indications. Hot water, plain, or impregnated with the virtue of medicinal herbs, or in the form of ſteam, will be uſeful in ſome caſes ; whilſt, in others, not only cold water, but ice itſelf, may be beneficially employed. Cataplaſms alſo may be neceſſary ; and theſe may be ſedative, or ſtimulating ; relaxing, or conſtringing ; as the caſe may require. Sometimes, particularly where the inflammation is deeply ſeated, or poſſeſſes any of the internal parts, the uſe of bliſters becomes adviſable.

You may now expect me to proceed, in deſcribing the reſpective caſes, alluded to ; and in laying down particular rules to guide you, in the choice of the ſeveral applications, juſt mentioned : but caſt your eyes, once more, on the foregoing enumeration of remedies ; and then ſay, whether the uſe

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of ſuch various, and even oppoſite means, ſhould be entruſted, in caſes of ſuch importance, to thoſe who are totally unacquainted, with the ſtructure of the human body, with the various powers it poſſeſſes, the energies with which it is endued, and the changes it undergoes by diſeaſe. Be aſſured that from a want of knowledge of general principles, the moſt dangerous miſtakes may be made, in the ſelection of theſe remedies; and that, in certain periods of the diſeaſe, the employment of ſome of thoſe means, which, in other ſtages, might be ſucceſsfully employed, would certainly be followed by an increaſe of the inflammation; and, in many caſes, might occaſion an immediate termination in gangrene.

Not only is ſkill required in appropriating the different remedies, to the different ſtages of the diſeaſe; but great nicety of judgement muſt be exerciſed, to enable the practitioner to adapt the remedy to the diſeaſe, whilſt gliding from one ſtage to another; ſince each may depend on a contrary ſtate of the ſyſtem, and conſequently, require an oppoſite mode of treatment. Thus in the early part of the diſeaſe, when it is poſſible to carry it off by reſolution; and it is ſafe and expedient, to procure this mode of termination: cooling and diſcutient applications muſt be adopted: but if reſolution cannot be accompliſhed, emollient, and even ſtimulating fomentations and cataplaſms, muſt be uſed,

uſed, to procure a ſpeedy ſuppuration, but, as ſoon as this proceſs is completed, a change muſt again take place in the treatment. Another change muſt follow, when the diſeaſe is likely to terminate in gangrene; and the nature of the applications muſt be determined, by the conſideration, not only of the circumſtances then obſervable, but of thoſe alſo which have preceded; both requiring to be weighed in the mind, with the greateſt attention.

Even the reſolution, or cure of inflammation, in its firſt ſtage, ſhould not be attempted, without ſome conſideration; ſince there are often important advantages to be gained, by allowing the ſuppurative proceſs to take place: ſuch as, the removal of ſome extraneous ſubſtance; the prevention or removal of ſome other diſeaſe; the formation of a critical abſceſs; and caſes alſo occur, where the means which would be required to be uſed, for the removal of the inflammation, would do more injury to the conſtitution, than the permitting the inflammation to proceed to ſuppuration.

For obvious reaſons, I ſhall not attempt to trace out a plan, by which you may be enabled to undertake the treatment of ſo dangerous a ſtate, as that which accompanies gangrene. Hoping that the formidable appearance which this malady aſſumes, will be ſufficient to deter any one from preſuming

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to attempt its cure, unleſs poſſeſſed of the neceſſary knowledge of the animal œconomy ; and of the means, by which the morbid deviations, to which it is ſubject, may be corrected.

Leſs difficulty ariſes, in the endeavour to lay down rules for the regimen and management of the patient ; as the general outline of that part of his treatment, which is more particularly the province of the nurſe and attendants, will be laid down by the phyſician or ſurgeon. In the early part of the complaint, when there exiſts a probability of diſmiſſing the diſeaſe, by reſolution ; the utmoſt aſſiduity ſhould be exerted, that the effects of the remedies which are adminiſtered, ſhould be ſeconded, by avoiding or moderating thoſe irritations, which are almoſt conſtantly applied to the ſyſtem. The increaſe of heat, therefore, ſhould be prevented, by allowing the free acceſs of cold air into the room ; but in many caſes, although it may be adviſable that the patient breathe the cool air, yet it may not be proper, that it ſhould come in contact with the ſurface of the body : this is more particularly the caſe, when the inflammation has attacked the internal parts, as the bowels. In theſe caſes, the body ſhould, therefore, be defended from the immediate action of the cold air. But although it be thus recommended to protect the body from the cold, yet great care ſhould be taken that

that this be not done in ſuch a manner, as to allow the heat of the body to accumulate, except in thoſe caſes where it is deſirable to produce an increaſe of perſpiration. The patient ſhould be kept perfectly ſtill, ſince, by the action of the muſcles, the motion of the blood is accelerated. Great care ſhould be alſo taken, that the aliment be of that kind, which is leaſt likely to irritate : conſiſting only of panada, ſago, barley-water, ripe fruits, &c. Rigorouſly avoiding all animal food, ſpirits, wine, &c. even in the ſmalleſt quantity. In thoſe caſes where the diſeaſe exiſts, in any conſiderable degree, all aliment ſhould, at leaſt for a time, be entirely abſtained from : the patient being, however, plentifully ſupplied with drinks, of the moſt ſimple and watery kinds ; as toaſt and water, and mint or balm tea, to each of which may be added, as much of the juice of lemons or oranges, as may render them agreeable to the palate. In ſome caſes, indeed, where the vital powers are too much diminiſhed, a more generous mode of living will be directed by the phyſician or ſurgeon : and this will be enjoined, not merely where it is wiſhed to bring on the termination by ſuppuration ; but even, ſometimes, in thoſe caſes, where the cure or reſolution of inflammation, in its firſt ſtage, is propoſed. That the power of making ſo nice, and ſo neceſſary a diſcrimination, as will be neceſſary to enable any one

to point out the cafes, in which the one, or the other, of thefe modes fhall be adopted, is not likely to fall to the lot, at leaft, of ordinary domeftic practitioners, muft, I think, be allowed ; and is one proof of the impropriety of trufting the cure of inflammation in fuch hands.

When the procefs of fuppuration is commenced, it will be neceffary to make fome variation in the patient's regimen. Broths, and even fmall quantities of folid animal food, may, in moft cafes, be now permitted ; for the fake of fupporting the animal powers, and enabling nature to accompliſh the work fhe has begun.

But when gangrene is about to take place, the utmoft caution is required, in determining on the moft proper regimen to be adopted : for although it frequently happens, that where gangrene comes on, the vital powers are much exhaufted, and that, of courfe, a cordial and invigorating regimen becomes neceffary : yet it fometimes is the cafe, that gangrene is the immediate effect of violent action ; a difpofition to which ſtill exiſting in the fyſtem, and rendering the uſe of ſtimulating medicines and diet, likely to aggravate the diſeaſe.

Prevention. It is neceffary, that thofe things be avoided, which experience teaches us has the power of producing fulnefs, and increafed action of

of the blood-veſſels : ſuch is the indulgence in full meals of animal food, ſtrongly ſeaſoned diſhes, ſpiceries, &c. and the abuſe of fermented and ſpirituous liquors. Animal food ſhould, therefore, be taken in very ſmall quantities ; and the meals be chiefly compoſed of vegetable ſubſtances, to which variety may, in ſome meaſure, be given, by the different modes of preparation : nor ſhould even theſe be taken in a greater quantity, than is juſt ſufficient to ſatisfy the demands of nature. Spirits muſt, of neceſſity, be entirely prohibited ; and wine, and all fermented liquors, taken very ſparingly.

Gentle exerciſe, which is likely, by promoting the excretions, to prevent the occurrence of plethora, or fulneſs of blood, ſhould be freely employed.

If any particular part has been once attacked by inflammation, it will, for a conſiderable time after, be much diſpoſed to ſuffer a return of the complaint : to prevent this, beſides adopting the advice already delivered, that particular part ſhould be defended from the partial action of cold. If it be ſome internal part that has been thus affected, the ſurrounding parts ſhould be covered with flannel, which ſhould be worn, with its roughеſt ſide immediately next to the ſkin ; this will not only defend them from the action of cold, but be productive of other beneficial effects, which, however, need not be here particulariſed. Among

Among the circumſtances which occaſion inflammation, particularly of the internal parts, is the too ſudden tranſition to an atmoſphere, differing much, in its degree of temperature, from that to which the perſon has juſt before been expoſed. This is indeed ſo frequently the cauſe of dangerous diſeaſes, that it cannot but be beneficial to render it an object of attention, and to point out the moſt efficacious means of preventing its dangerous conſequences. When the body has, by any means, ſuch as the employment of violent exerciſe, or ſitting in an heated room, acquired a great degree of heat, the blood, by its rarefaction, has its volume enlarged; and an increaſed action in the veſſels takes place. If, whilſt in this ſtate, the body be ſuddenly expoſed to the cold, the veſſels on the ſurface become conſtricted, and the blood is repelled into the internal parts; where, ſhould any exciting cauſe happen to be preſent, a congeſtion and inflammation in ſome of the viſcera may be the probable conſequence.

After having been thus expoſed to the action of cold, at a time when the body was heated beyond its natural ſtate, the object of endeavour ſhould be, to regain a regular circulation of the blood; but, unfortunately, it often happens, that, not only the means adapted to the indication are omitted; but that other means, which are moſt likely

likely to aggravate the injury, are had recourſe to : ſuch is the uſe of ſpirituous liquors, which, at theſe times, by their ſtimulus applied to the ſtomach and bowels, already in a ſtate verging on inflammation, muſt frequently produce thoſe evils which they were intended to prevent.

Another miſtake is too frequently made, in having recourſe to ſpirituous liquors, and heating drinks, previouſly to the expoſure to cold air ; theſe, by their ſtimulus, increaſe the action of the blood-veſſels of the viſcera, and diſpoſe them to run into diſeaſed action ; when, by the application of cold to the ſurface, immediately after, the blood is driven inwards.

Having pointed out the miſchiefs likely to ariſe from the meaſures generally adopted, to prevent ill conſequences from the expoſure to cold, whilſt the body is heated ; I ſhall endeavour to lay before you, the moſt proper mode to be employed.

Suppoſe, then, any one, after having been for ſome time in a heated room, is expoſed to the cold air of the evening ; or that after being heated by walking, or other exerciſe, he is expoſed to a current of cold air, or ſits for ſome time in a cold and damp room ; and that a conſiderable chill, or a ſenſation of extreme coldneſs, ſeems to pervade the whole body : in this caſe we may conclude, that

that only the addition of ſome exciting cauſe is neceſſary, to occaſion inflammation of the lungs, or of ſome other important part; and therefore, ſhould immediately proceed to endeavour, at obtaining an equable ſtate of the circulation. This will be beſt done, by a very gradual expoſure to an atmoſphere of a higher temperature; gently exerciſing the body, and drinking of ſome warm, weak liquor, as weak wine and water, gruel, or barley-water, until an agreeable warmth returns. If any ſhivering has been experienced, it may be neceſſary to lay down between blankets, and drink warm, diluting liquors, until a moiſture is produced on the ſkin. Should any ſlight pain or uneaſineſs be felt, this treatment becomes the more neceſſary, and ſhould be continued, until that ſymptom no longer exiſts.

Nearly equal danger ariſes, from too ſuddenly paſſing out of an atmoſphere of a very cold temperature, to one of a much warmer. Impelled by a deſire to get rid of the diſagreeable, and even painful ſenſations, ariſing from expoſure to ſevere cold, thoſe who have been thus expoſed, generally ſeek the warmeſt room, and the neareſt place to the fire; and, not unfrequently it happens, that in addition, to drive out the cold more completely, ſpirituous and other heating liquors are alſo had recourſe

courſe to. Should a chillineſs continue after this, the fire is increaſed, and a more free potation of ſome ſpirituous liquor is indulged in. By this conduct, inflammation of the bowels, ſtomach, or lungs, is frequently occaſioned; and, indeed, it is ſeldom that it is adopted, with entire impunity; ſince a catarrh, or, as it is commonly called, a cold, moſt commonly, at leaſt, ſucceeds.

As to procure a compliance with advice, it is neceſſary to ſhew the reaſons on which that advice is founded; I muſt inform you, that after expoſure to the cold air, eſpecially for any conſiderable length of time, the body is in a ſtate moſt highly ſuſceptible of injury from the application of heat. This takes place on the ſame principle, that when the eyes have been ſecluded ſome time from the light, they will, on its being again admitted, be ſtruck by the appearance of extraordinary ſplendour; and, that the hand will be more ſenſibly affected, on being plunged into a veſſel of warm water, if it have been previouſly held in cold water, or ſnow.

A very little conſideration will be ſufficient to convince you, that, during this ſtate of the ſyſtem, the expoſure to ſuch powerful ſtimulants, as the heat of a large fire and ſtrong drinks, muſt be highly dangerous: and that, after expoſure to ſevere

vere cold, it is beſt to perſiſt, for a little time, in ſome gentle exerciſe; to approach the fire very gradually, and to drink only of ſome diluting, weak drink, ſuch as tea, barley-water, milk and water, &c. always remembering, that, when the body has been either chilled, or much heated, that it be brought back to its natural warmth by degrees.

I cannot here refrain from recommending to your attention, an excellent little pamphlet, by Dr. Beddoes, entitled, A Guide for Self-Preſervation; and I doubt not, but on peruſing it, you will join with me in wiſhing for its general circulation; eſpecially among the poor, for whom, by its price, and by the ſtyle in which it is written, it is evident that it is benevolently intended.

Of ſo much real importance is it to ſtop the career of inflammation, at its very outſet, that I earneſtly requeſt you, *in every caſe in which pain occurs with fever, to obtain immediately the beſt advice*: remembering, that if inflammation be ſuffered to proceed a certain length, although not ſo far as to endanger the patient's life; it is very probable, that it may be productive of very ſerious inconveniences, which he may be obliged to ſuffer the remainder of his life.

INFLAMMATION

INFLAMMATION OF THE BRAIN.

In this diſeaſe, there exiſts a very conſiderable degree of fever, a violent and deep-ſeated pain in the head, a fulneſs of the veſſels and redneſs of the face, and of the eyes: with exceſſive dry ſkin, and parched tongue. The patient obtains no ſleep, is very much affected by the leaſt noiſe, or the admiſſion of light into the bed-room; and, generally, a very high and furious delirium occurs. This diſeaſe ſoon runs through its courſe; and, if proper means are not had recourſe to very early, the patient will be loſt within a very few days.

Whatever irritates the membranes inveſting the brain, or ſtimulates the ſubſtance of the brain itſelf, may become an exciting cauſe of inflammation of the brain: among theſe cauſes, the moſt frequent are, external injuries, the drinking of large quantities of ſpirituous liquors, violent exertions of the mind, and the expoſure of the bare head to the ardent rays of the ſun.

Large and repeated bleedings, cathartics, and bliſters, with the other remedies enumerated in the ſection of general inflammation, will be employed by the phyſician in this dreadful diſeaſe. The regimen will, at the ſame time, be ordered to be as ſpare as poſſible.

To enlarge on the means of cure adapted to this diſeaſe, and on the management of the patient, would be to engage the reader's time, without a poſſibility of yielding him any uſeful information: ſince, in a diſeaſe which is ſo rapid in its progreſs, and is ſo frequently fatal in its termination, no conſideration whatever, ſhould induce any one to attempt its cure, unleſs he poſſeſſes real medical knowledge. Beſides, ſome of the ſymptoms of this diſeaſe, are frequently to be met with, accompanied by circumſtances of ſo ambiguous a nature; that, unleſs the obſerver has diſcernment ſufficient to enable him to mark the real ſtate of the ſyſtem, his well intended exertions may ſoon deſtroy his unfortunate patient.

Thoſe, whoſe nervous ſyſtems have been debilitated, and whoſe conſtitutions have been impaired, by the frequent uſe of ſpirituous liquors, are very ſubject to be attacked with a fever, which is accompanied with a delirium, ſimilar to that which has been juſt deſcribed: the fever beginning its attack, with ſymptoms, which ſeem to point it out to be of an inflammatory kind: but the exceſſive debility which, in general, takes place in a day or two, plainly ſhews; that the adopting, in this caſe, the profuſe evacuations required in the true and ſimple inflammation of the brain, muſt be ſucceeded by the deſtruction of the patient.

INFLAMMATION

INFLAMMATION OF THE EYE.

This diſeaſe begins with a ſlight redneſs of that part, which is termed the white of the eye; as this gradually increaſes, the eye becomes hot, feeling as though particles of duſt were on its ſurface. The eye-lids ſwell, and the admiſſion of light to the eye is accompanied with great inconvenience. Tears flow from the eyes in conſiderable quantity, almoſt ſcalding the cheeks as they trickle down.

By the uſe of well adapted remedies, at, and before this period of the diſeaſe, a reſolution of the inflammation will generally be procured.

But when the diſeaſe is neglected, or not oppoſed by means ſufficiently powerful; the redneſs increaſes to ſuch a degree, that the part of the eye which was before white, becomes of an uniform crimſon colour: the blood-veſſels being ſo diſtended, that the ſurface becomes rough and irregular; and ſo much elevated, that the cornea, or tranſparent membrane, on the fore part of the eye, appears to be ſunk. The pain extends to the bottom of the eye; and conſiderable pain is alſo felt in the head. When the diſeaſe has proceeded thus far, it ſeldom goes off without leaving a ſpeck on the cornea, which ſometimes deprives the patient of his ſight: ſometimes,

ſometimes, alſo, a ſuppuration takes place in the eye itſelf, which is ſucceeded by total blindneſs; the eye, in ſome caſes, ſinking in the ſocket; and, in others, being ſo enlarged, as not to be contained within the eye-lids.

The occaſional cauſes of this diſeaſe may be, external violence, applied to the eye-lid, or the eye itſelf. Extraneous bodies under the eye-lids; ſuch as particles of duſt, or ſand; acrid fluids, or vapours, &c. Expoſure of the eyes to a ſtrong light, and much exerciſe of the eyes in viewing minute objects. Inflammation of the eyes may alſo be the conſequence of morbid acrimony, exiſting in the ſyſtem: it may likewiſe accompany other diſeaſes of the eyes, and of the neighbouring parts; ſuch as the turning inwards of the eye-lids; ſtithes, or ſtyes, which grow on the eye-lids, and which may be either encyſted, ſcirrhous, or warty; tetters, and ulcerations on the edge of the eye-lid; and a great number of other diſeaſes, which it is unneceſſary to enumerate here.

When this diſeaſe is ſimple, in no very conſiderable degree, and the exciting cauſe no longer exiſting, attempts for its cure may be made, by applying leeches to the temple, on the ſame ſide with the affected eye, in a number proportioned to the age and ſtrength of the patient; a bliſter

may

may be applied on the temple, after the bleeding has ceaſed, and a briſk purgative alſo be given, uſing for a lotion ſimple roſe-water, or about four grains of white vitriol, diſſolved in two ounces of roſe or elder flower water.

The defending of the eyes from the light, is a circumſtance of no ſmall importance: the following obſervation, therefore, ſhould be carefully attended to. The diſeaſed eye, however cloſely ſecluded from light, will always be injured by the action of light on the ſound eye: ſince each eye will ſympathiſe with the other, in all its motions. The patient ſhould, therefore, confine himſelf to a dark room; as he need not then keep off the cold air, by thoſe means which he muſt otherwiſe uſe for excluding the light. Should the diſeaſe not be conſiderably diminiſhed, by the uſe of theſe means, application for regular aſſiſtance ſhould be immediately made: ſince we may now conclude, the diſeaſe is ſo obſtinate, that ſhould time be waſted by the employment of unſucceſsful meaſures, or ſhould the family practitioner be led unfortunately to adopt ſtronger means, there will be danger, that his temerity may be puniſhed by the poignant reflection, that, by his well meant interference, he has deprived his unfortunate patient of ſight. The alarm, which undoubtedly I mean to excite here, will not, I am confident, be eſteemed unneceſſary; when

when the delicacy and importance of the affected organ, the numerous intricate cauſes on which the diſeaſe may depend, and the ſhocking manner in which it may terminate, be attentively conſidered.

The diviſion of the inflammation into external and internal, is of conſiderable importance to be attended to in this place. From an inability to make a diſtinction between theſe, ariſes the greateſt danger of the uninformed practitioner occaſioning total blindneſs to his patient: ſince the inflammation of the deeper ſeated parts of the eye may occur, without the appearance of ſuch external ſigns, as will point out to him the great danger which exiſts. Means, therefore, may be adopted, proportioned only to the external appearances; and the ſight, be irretrievably loſt, in a very few hours.

I am aware, that you will think, I ought to have particulariſed a few other lotions, on the ſuppoſition, that the lotion I have mentioned above ſhould not prove uſeful. But as the difference of irritability of the eye, in various caſes; and the different degrees of the diſeaſe, muſt determine the ſtrength, and the nature of theſe applications; it would be unſafe to offer any more definitive directions, than that care ſhould be taken, that none be uſed of ſuch ſtrength, as to occaſion any increaſe of pain. It is true, that ſome very celebrated ſurgeons, recommend

mend the uſe of ſuch remedies as occaſion, for a time a very conſiderable augmentation of the pain: but applications of this kind muſt be uſed, with the greateſt circumſpection; ſince, ſhould they fail of their wiſhed for effect, they cannot but be likely to increaſe the complaint.* There are few families who do not poſſeſs ſome lotion for the eyes, which they recommend, as adapted for almoſt every diſeaſe, to which the eyes are ſubject: but certainly, when the various cauſes of this diſeaſe, and the vaſt number of its ſpecies and varieties, are conſidered, as well as the many affections of the ſyſtem with which it may be intimately connected; every one muſt be ſatisfied, that there is no one remedy whatever, which can be had recourſe to indiſcriminately, in all thoſe caſes, without frequently producing conſiderable miſchiefs.

Even in thoſe caſes, which are not diſtinguiſhed by any alarming ſymptoms; and in which the prudence of the family practitioner, induces him to make

* Mr. Ware, in his ingenious publication, on the Diſeaſes of the Eye, recommends the dropping of the Thebaic tincture into the inflamed eye. In the hands of this gentleman, and of many other ſurgeons, this has proved a very powerful remedy: but when uſed by thoſe who are not able to make the neceſſary diſcrimination, between ſuch caſes in which it may be uſed with benefit, and others in which it may prove injurious, very ill conſequences may be produced.

make uſe of only the mildeſt applications, ill conſequences may be produced by domeſtic tamperings: for frequently, when the diſeaſe, though not violent, does not yield to the endeavours which are made, the veſſels, from the mere duration of the inflammation, loſe their tone; and hence is produced an additional cauſe of the continuance of the diſeaſe, and that in one of its moſt obſtinate ſtates.

In many caſes, the diſeaſe is ſupported by an affection of the whole ſyſtem, the nature of which may be with difficulty diſcovered; but until this be done, and the fault of the habit corrected, no topical applications can be of any ſervice.

Newly born, and very young children, are ſubject to a ſpecies of inflammation of the eyes, which very frequently, for want of proper and timely help, produces blindneſs. It begins with redneſs and ſwelling of the eye-lids; the ſwelling ſoon becomes ſo conſiderable, that the eye can hardly be ſeen, even when force is made uſe of for their ſeparation. This is ſoon ſucceeded, by the formation of a very conſiderable quantity of a thick yellow matter, which is diffuſed between the eye and eye-lids; and which oozes out very freely, on the leaſt preſſure. This diſeaſe will oftentimes, if proper means are not timely uſed, continue a conſiderable time; the

eye-lids

eye-lids remaining ſo ſwelled, for many days, that the real ſtate of the eyes cannot be diſcovered: and frequently it happens, upon the ſubſiding of the ſwelling, that the diſtreſſed parents diſcover, too late, that, in conſequence of their neglect, or imprudence, their unfortunate child is irremediably blinded. From that wonderful infatuation, by which the diſeaſes of children are delivered over to the management of an ignorant nurſe, this melancholy cataſtrophe, in general, proceeds. Thoſe who have the opportunity of making the obſervation, know, that even among the middling claſs of people, application for regular aid is very ſeldom made, even in this dreadful malady, until the diſeaſe is ſo far advanced, as to render a melancholy termination moſt probable.

You will not wonder, that I dare not preſume to recommend any plan for general adoption, in ſo diſtreſsful a caſe; indeed the only advice that can be given, in ſuch a work as this, is to make the earlieſt application to ſome experienced ſurgeon, and to pay the moſt implicit attention to his directions.

As to the prevention of inflammation of the eyes, the following cautions may be uſeful. When the eyes are diſpoſed to be eaſily inflamed, a long and earneſt exerciſe of them ſhould be carefully avoided.

Caution ſhould be uſed, not only in viewing highly illuminated and vivid objects as little as poſſible; but even long poring on duller objects, ſhould be avoided. Acrid fumes and vapours are very hurtful; and perhaps few more ſo, than the ſmoke of tobacco. Diſcharges, to which the conſtitution has been long accuſtomed, ſhould not be unadviſedly ſuppreſſed; and where there is evidence of the exiſtence of any particular acrimony in the ſyſtem, that ſhould be corrected; and until that is accompliſhed, a purulent diſcharge ſhould be obtained from behind the ears, the pole of the neck, or from ſome part, as near as can be conveniently had to the head.

THE QUINSEY, OR SORE THROAT.

Of this troubleſome, and ſometimes dangerous complaint, there are five diſtinct ſpecies; which often require a conſiderable degree of penetration and experience in the obſerver, to enable him to aſcertain the nature of the diſeaſe, or the part in which it is ſituated; both which circumſtances are abſolutely neceſſary to be known, before any attempts are made for the cure.

INFLAMMATION OF THE TONSILS, OR THE INFLAMMATORY SORE THROAT.

At the poſterior part of the inſide of the mouth, may be perceived two round glandular ſubſtances; which are termed, *the tonſils*: between theſe is extended a membranous ſubſtance, called the veil of the palate, from the middle of which is ſuſpended the *uvula*, a fleſhy ſubſtance, in general about half an inch in length; but varying much in ſize in different perſons, and in the ſame perſons, at different times. In theſe parts, is this diſeaſe in general ſeated; and is diſcoverable by the exiſtence of fever, with redneſs, ſwelling, pain, and a ſenſe of tightneſs in thoſe parts, accompanied by a difficulty in performing the action of ſwallowing.

The commencement of this diſeaſe is, in general, marked with a ſhivering, and is ſucceeded by febrile heat; as this heat increaſes, the ſkin becomes dry and parched; and the pulſe becomes quicker and ſtronger than natural. Soon after, or immediately at the coming on of theſe ſymptoms, an uneaſy ſenſation is felt in the throat, with a difficulty of ſwallowing. A conſiderable flow of viſcid ſaliva takes place; which, from the uneaſineſs produced by the attempts to ſwallow it, is ſuffered to accumulate in the mouth; occaſioning no ſmall inconvenience

inconvenience to the patient. When the diſeaſe exiſts in a high degree, the power of ſwallowing is almoſt loſt; the liquids, which the ſuffering patient attempts to force down, being thrown back from the mouth, or, in conſequence of a drop falling into the windpipe, is thrown out with violence, both at the mouth and noſtrils.

This diſeaſe generally terminates, either by reſolution, or ſuppuration; gangrene hardly ever taking place.

Among the cauſes of this diſeaſe, may be mentioned the expoſure to violent degrees of heat or cold; particularly the ſudden expoſure of the body, when much heated, to exceſſive cold, or the partial application of a ſtream of cold air; indulgence in ſpirituous liquors, and highly ſeaſoned diſhes; eating heartily of animal food, without a due mixture of vegetables; &c.

Thoſe who are moſt liable to this diſeaſe, are the middle aged, and thoſe of a full habit. It is moſt frequently to be obſerved, in thoſe ſeaſons, when viciſſitudes of heat and cold chiefly occur. The having once been affected with this diſeaſe, leaves a ſtrong diſpoſition to future attacks.

For the removal of this diſeaſe, evacuations, by bleeding and cathartics, muſt be adopted; and other cooling

cooling means muſt alſo be employed. The extent to which theſe are to be uſed, is only to be aſcertained, when a judgment is formed of the degree to which the impending diſeaſe might be likely to attain. Of this, a ſkilful phyſician will, in general, be able, by a careful attention to the particular appearances of the diſeaſed parts, the ſtate of the pulſe, the temperament of the patient, &c. to make a conjecture ſufficiently near the truth to enable him, if called in on the firſt hours of the diſeaſe, to diſperſe the inflammation, without any evil conſequences. Since it is obvious, that to do this, requires both penetration and ſkill, few ſurely will be found hardy enough to make this attempt, without poſſeſſing theſe indiſpenſible requiſites.

If another argument were neceſſary againſt domeſtic practice in this diſeaſe, it is to be found in the difficulty which the unexperienced muſt find in always aſcertaining the nature of the diſeaſe: thus an appearance will frequently take place, which might induce any one, who is not accuſtomed to obſerve the diſeaſe, to ſuppoſe it of the ulcerated kind. The appearance alluded to, is produced by ſeveral little openings or pits in the tonſils, which being filled with mucus, are very likely to be miſtaken for incipient ulcerations. A miſtake produced by this circumſtance, would be of a very

ſerious

ſerious nature ; ſince it muſt lead to a mode of treatment oppoſite to that which is really indicated.

Conſiderable diſtreſs is ſometimes occaſioned, by the inflammation ſuddenly quitting the throat, and attacking ſome important part, frequently the lungs. Much circumſpection and attention is neceſſary, in this caſe, even from the moſt experienced ; and the domeſtic practitioner ſhould be appriſed, that the greateſt danger may follow this change, if not diſcovered ſufficiently ſoon to allow the early employment of the neceſſary means.

With reſpect to the regimen of the patient, it muſt be of the moſt cooling and diluting kind. Barley-water, rendered agreeable to the palate by the addition of black or red currant jelly ; linſeed tea, ſweetened with honey, &c. may be uſed for common drinks : but the directions of ſome one, who is well verſed in the nature of the diſeaſe, will be needed, for particular directions in this reſpect ; ſince the regimen which is proper, whilſt there are hopes of diſcuſſing the inflammation, may require to be altered, when ſuppuration appears to be about to take place.

The patient is, in a great meaſure, obliged, by the inconveniences he ſuſtains, to breathe with his lips open ; in conſequence of which, the moiſture evaporating

evaporating from the inflamed ſurface, leaves it parched and dry; a ſtate favourable neither to diſcuſſion nor ſuppuration: to remedy this, he ſhould conſtantly hold ſome fluid in his mouth. Although attempts to ſwallow are accompanied with conſiderable pain, he ſhould frequently get down ſome lubricating drink; remembering, that the pain conſequent to ſwallowing is produced, not ſo much by the paſſage of the liquid which is ſwallowed, but by that action of the inflamed parts, by which deglutition is performed: hence as much pain is, in general, produced by ſwallowing a tea-ſpoonful of any liquid, or even the ſaliva, which ſo conſtantly demands deglutition, as would be occaſioned by ſwallowing a much greater quantity; wherefore the patient ſhould, by trials, diſcover nearly the quantity which can be thrown down at each exertion, and then never make the attempt with a leſs quantity.

Gargles are frequently of the greateſt uſe in this complaint; but the ingredients, of which they are compoſed, muſt be pointed out by the degree and ſtate of the diſeaſe.

Bathing the feet in warm water, oftentimes gives great relief, when the ſwallowing is difficult. Similar benefit has been experienced from the ſteam of warm water, received in the mouth, through a funnel, or ſome proper apparatus. External

External applications are frequently of the greateſt ſervice. In the advanced ſtage of the diſeaſe, emollient cataplaſms applied to the neck and under the ears, contribute much to the relief of the patient. But the moſt evident advantages, reſulting from the uſe of external remedies, are thoſe which are produced by the uſe of ſtimulating applications, ſuch as hartſhorn and oil, cataplaſms of oatmeal and flour of muſtard, bliſters, &c. applied to the neck, when the patient firſt diſcovers any uneaſineſs in the throat; for frequently, as ſoon as theſe applications have excited a heat and redneſs externally, the internal inflammation will begin to leſſen.

For the prevention of this diſeaſe, the directions ſhould be adverted to, which have been already given, when treating of inflammation in general; particularly attending to the admonition, of defending the external ſurface over the part which is diſpoſed to inflammation, by additional covering; and with ſuch ſubſtances neareſt to the ſkin, as may, by gently irritating it, promote the action of the veſſels on the ſurface.

THE

THE PUTRID OR MALIGNANT ULCERATED SORE THROAT.

In this diſeaſe, the tonſils, and all the internal fauces, are affected with redneſs, ſwelling, and gangrenous ulcers, producing a difficulty, both in ſwallowing and breathing, accompanied by a fever of the putrid kind.

This diſeaſe begins, in general, with frequent chills and ſhiverings, exceſſive languor, depreſſion of ſpirits, with continual nauſea, and frequent urgings to vomit. Theſe are ſucceeded by a febrile ſtate, in which the pulſe is quicker and ſmaller than natural: at the ſame time, the patient becomes ſenſible of a ſtiffneſs of the neck, with a roughneſs and heat in the throat, reſembling the ſenſation produced by the application of pepper. Soon afterwards, a ſcarlet eruption is thrown out on the ſkin, firſt on the face and neck, and then over the whole body and extremities. The back part of the inſide of the mouth, the uvula, tonſils, &c. upon inſpection, appear red, and a little ſwelled, and then ſeveral ſpots appear on the parts juſt mentioned, of a grey or aſh colour; the voice becomes particularly hoarſe and rough, and the pulſe quicker and ſmaller. As the fever increaſes, theſe ſpots extend themſelves, in proportion to the violence of the diſeaſe; frequently ſpreading and running one into the other,

with the utmoſt rapidity, the debility becoming exceſſive, and a continual diſcharge of a thin acrid humour taking place from the noſe and mouth, corroding both the lips and noſtrils. As the diſeaſe proceeds, the greyiſh cruſts are diſcovered to be deep gangrenous ſloughs, beneath which the parts are undermined to a vaſt extent; the breath becomes exceedingly offenſive, and the diſeaſe ſoon increaſes to ſuch a degree, unleſs happily oppoſed by ſucceſsful means, as to carry off the patient, ſometimes within the third day of the diſeaſe.

From this ſlight ſketch, the domeſtic practitioner muſt be appriſed of the malignity of this diſeaſe, and the rapidity of its progreſs; and he may alſo be aſſured, that he will not always be able to diſtinguiſh it, at its firſt attack, even from the inflammatory ſore throat, juſt deſcribed; it ſometimes requiring a very careful inveſtigation, before the real nature of the diſeaſe can be aſcertained. A miſtake here would not only occaſion an omiſſion of the proper remedies, but the employment of ſuch means, as muſt neceſſarily very much expedite a fatal termination of the diſeaſe. For the evacuations which would be requiſite in the cure of the inflammatory ſore throat, cannot fail but ſo to reduce the patient, if employed in this diſeaſe, that no ſubſequent endeavours might be ſufficient to ſave him. The operation of a ſmart doſe of phyſic

phyſic would be ſometimes ſufficient to ſink a patient irrecoverably.

The endeavours of the phyſician will be, to ſupport the ſtrength of the patient, oppoſe the ſeptic tendency of the whole ſyſtem, and leſſen the effects of the acrid matter poured out upon the fauces. In accompliſhing theſe intentions, the phyſician muſt depend on the aſſiduity and zeal of the attendants: if their exertions are not regular and unremitting, his efforts will be in vain. Medicine will prove but of little efficacy, if the animal powers are not ſupported by proper nouriſhment: the attendants muſt, therefore, conſtantly ſupply the patient with ſago, ſalop, panada, &c. to which muſt be added, ſuch wine as may be moſt agreeable to his palate. Red port made into negus, may be alſo given freely: ripe acid fruits, and fermenting liquors, as bottled cyder, perry, champaigne, &c. ſhould conſtitute part of the patient's drink. But previouſly to the ſwallowing of nutriment, antiſeptic gargles and injections ſhould be very ſeduloufly employed, for clearing away the ſharp and and ſeptic humour from the mouth and throat, to prevent, as much as poſſible, its being ſwallowed; ſince from the eſcape of it into the alimentary canal, a moſt troubleſome and dangerous diarrhæa frequently occurs towards the cloſe of the complaint. It is impoſſible to be more explicit here reſpecting

diet,

diet, as this muſt ſo much depend on the ſtate of the patient, the period of the diſeaſe, and the condition of the ſtomach, as to require it to be particularly pointed out, after a careful conſideration of theſe circumſtances.

The patient ſhould be ſo placed in his bed, that the diſcharge may run freely out at the corners of the mouth; great attention muſt alſo be paid to the cleanlineſs of his clothing, and the ventilation of his apartment.

When it falls to the lot of a tender parent, to view the progreſs of this diſeaſe in a darling child, the ſcene is truly diſtreſſing. For too often here, from an ill judged tenderneſs, the parent will not ſuffer the ravages of this horrid malady to be checked, from a repugnance to increaſe his temporary ſufferings. It is true, that almoſt all the means that are indicated, in ſome meaſure do this; for in ſuch a ſtate of the fauces, to ſwallow the moſt bland fluid ſubſtance muſt give pain, and this muſt neceſſarily be excited in a greater degree, by forcing the patient to ſubmit to waſh the throat with antiſeptic gargles, and to ſwallow ſharp acid liquors, and unpalatable medicines. But for the ſake of preventing this miſapplication of tenderneſs, it ſhould be conſidered, that although for the time the pain is augmented, yet in conſequence of the

the ſymptoms being moderated by this mode of treatment, the quantity of pain muſt on the whole be thereby much leſſened; beſides the grand and important end of ſaving life being alſo probably anſwered. And ſurely, although the principle is ſo often acted on, no parent will avow a right of riſquing the life of a child, for the indulgence of his own ſympathetic feelings. The reflection, that he has, by his interpoſition, leſſened his ſufferings, but, at the ſame time, haſtened, or even occaſioned his death, is widely different from the rapturous ideas of him, who, with an almoſt rent heart, has allowed or even prompted, that to be done, which, painful at the moment to ſuffer, did, in the end, alleviate the ſufferings of his child, and reſtore him to his careſſes.

In no diſeaſe more than this, is there required ſo implicit a confidence in the phyſician, and, of courſe, ſo exact a compliance with all his directions; ſince the moſt trifling omiſſion may occaſion the death of the patient.

THE CROUP, OR QUINSY OF THE TRACHEA OR WINDPIPE.

The exquiſite degree of danger, which always accompanies this diſeaſe, the rapidity with which its ſymptoms proceed, and the probability of its eſcaping

eſcaping a ſufficiently early detection, will induce me to be rather diffuſe in its deſcription; hoping, that parents may thereby be enabled to diſcover it, immediately on its appearance, and be induced to apply for medical aid in the firſt moments of the diſeaſe.

The unfortunate ſubjects of this malady are, almoſt always, children under twelve years of age. The attack is, in general, preceded by ſymptoms reſembling thoſe of a common cold; but ſometimes it comes on ſuddenly, beginning with a ſlight ſoreneſs of the throat, a hoarſeneſs, or rather a peculiar ringing ſound in ſpeaking, a ſhrill barking cough, and a remarkable wheezing which accompanies the reſpiration. Both inſpiration and expiration are performed in a much longer time than is natural, and evidently with difficulty; and when the child coughs, which is rather frequent, and in redoubled fits, the face is much ſwelled and flufhed, and the child is violently agitated. At the beginning, the cough produces little or no expectoration. Upon preſſing with the finger on the neck, immediately oppoſite to the windpipe, the uneaſineſs of the child is evidently increaſed. There is, in general, little or no difficulty in ſwallowing, nor any appearance of inflammation upon inſpecting the fauces. As the diſeaſe increaſes, the pulſe quickens, the heat augments, and an exceſſive reſtleſſneſs takes place.

place. This reſtleſſneſs ſoon increaſes to ſuch a degree, that the patient cannot be retained many moments in the ſame poſture ; the breathing becomes more and more difficult and laborious, and the peculiar wheezing ſound, which accompanies it ſo increaſes, as to be heard at a conſiderable diſtance. The cough alſo increaſes in frequency, and, at the ſame time, in the violence of its efforts, by which are brought away ſmall quantities of a matter of a purulent appearance, and portions of a white tubular membranous ſubſtance. The ſymptoms continue to increaſe in violence, until a ſpaſm of the muſcles of the parts taking place, the patient is ſuffocated ; the diſeaſe often completing its courſe in the ſpace of three or four days and nights.

By the diſſections of thoſe who have been deſtroyed by this diſeaſe, the cauſe of theſe various ſymptoms is rendered very evident. A preternatural membrane having been found to line the whole inner ſurface of the trachea, in ſome parts adhering to it, and in others a little ſeparated from it ; a matter reſembling pus appearing to be interpoſed between the trachea and its morbid covering, and ſometimes the preternatural membrane and the above-mentioned pus like matter is found, not only to cover the whole inner ſurface of the trachea, but even to reach into the bronchia.

On

On the firſt appearance of thoſe ſymptoms which mark the exiſtence of this diſeaſe, immediate application ſhould be made for medical aſſiſtance, and not a moment ſhould be waſted, before the propoſed remedies ſhould be tried.

But ſince it may ſometimes happen, that medical advice cannot be immediately procured, by an attention to the following directions the diſeaſe may be checked in its progreſs, if not entirely removed. As ſoon as the diſeaſe is diſcovered, from three to ſix leeches, according to the age and ſtrength of the patient, may be applied to the upper and fore part of the neck, and the bleeding promoted by the application of clothes wrung out of warm water. As ſoon as the leeches fall off and before the bleeding has ceaſed, the patient may be laid between the blankets, and ſupplied with warm barley water to excite ſweating, the front of the neck being covered with a bliſter. In performing theſe various operations, ſo much time muſt elapſe, as to afford a ſufficient opportunity of obtaining proper medical attendance; and as the ſubſequent treatment muſt depend on the effects produced, by the means which have been already employed, it would not be proper here to proceed in an account of the mode of treatment, which can only be directed by the attending phyſician.

A

A deep, hard-ſounding cough, almoſt exactly reſembling the cough in the croup, ſometimes occurs in children, but without any of the other characteriſtic ſymptoms of this diſeaſe. In theſe caſes, the ordinary demulcent remedies, in general, ſoon ſucceed in removing the cough. Dr. Ferriar, of Mancheſter, obſerves, that, "the diſtinctions between this ſpurious croup and the genuine diſeaſe are only to be learned, from much attention to the different caſes of the diſeaſe; for the ſound of the cough is ſo ſimilar in both, as to inſpire even the moſt experienced with ſome degree of doubt. I have ſat by the child's bed-ſide repeatedly, watching for the moment of danger, while the cough was increaſing in violence; and have been only undeceived, by finding that no tremor or palpitation came on towards midnight, that the reſtleſsneſs abated, and that ſleep ſeemed to become more compoſed." The ſpurious diſeaſe ſeems to be unaccompanied with inflammation; but the genuine croup has been clearly proved to be an highly inflammatory diſeaſe, by repeated diſſections. And here truſting that you will excuſe the digreſſion, I will offer a few words, with the hope of leſſening the too general repugnance of relatives to the examination of thoſe, who have fallen victims to any ambiguous diſeaſe.

Some of the moſt learned and poliſhed nations

have conſidered the proceſs of opening the body, and embalming it, as a mark of reſpect, without which the body ought never to be conſigned to the tomb. Even at the preſent moment, in this kingdom, and over a conſiderable part of Europe, this proceſs is deemed ſo honorable, as to be confined by cuſtom to thoſe only of the moſt elevated rank. Thus, whilſt ſuffering humanity in vain petitions for ſuch an inſpection, as may, perhaps, afford the information which may ſave the lives and leſſen the torments of numbers, pride obtains, with the utmoſt alacrity, the complete diſemboweling of one, who, whilſt living, received almoſt the adoration of a divinity. But, perhaps, the deeply rooted prejudices of ſentiment are not likely to be overcome, merely by contraſting them with the ſilly adoptions of vanity and pride.

At the very point of time in which a beloved object is ſnatched away, it muſt be expected, that the mind will indignantly revolt at any meaſure which does not accord with thoſe nicely attuned feelings, which the revered memory of departed excellence, and the violent grief at the cruel deprivation, neceſſarily produce. The mind, diſtractedly alive, is impreſſed with the utmoſt horror at the idea of any mutilation or injury to that form, which, by the unalterable laws of nature, muſt, in a few hours, entirely diſſolve away. Imagination paints

paints the ſpirit of the departed as diſpleaſed by this aſſumed injurious violation of its former reſidence : but imagination ſhould rather depict a countenance, beaming with kind commiſeration and benignity, and expreſſive of the pureſt delight at perceiving, that its periſhing *exuviæ* may be rendered uſeful, in mitigating the ſufferings of ſurviving relatives. The only hopes which can be entertained of overcoming this repugnance to anatomical examination, founded, as it muſt be acknowledged to be, on the fineſt feelings of human nature, is, by an appeal to kindred feelings, to that tender ſympathy which diſpoſes its poſſeſſor to feel the ſufferings of others as his own ; and to that benevolence, which induces him to make the moſt important ſacrifices, with the hope, that pain and miſery may be averted from others.

Let it then be recollected, that the knowledge of thoſe diſeaſes, which it is in the power of art to relieve, or remove, has chiefly been obtained by anatomical enquiries ; and that, in a perſeverance in theſe, muſt be placed our hopes of obtaining a more accurate knowledge of ſuch diſeaſes, as have hitherto reſiſted the powers of medicine. He who now, from an improper indulgence of his tenderneſs, refuſes to permit the required examination, may experience the mortification of ſuffering himſelf, or of witneſſing the ſufferings of another part of

of the family, from a ſimilar malady ; when, perhaps, by the propoſed enquiry, that intelligence might have been gained, by which the diſeaſe might now have been removed. The acknowledged hereditary diſpoſition to ſimilar diſeaſes, in children of the ſame family, is a circumſtance which cannot be reflected on, without confirming the propriety of what has been juſt remarked.

The diſeaſe, of which we are now again to ſpeak, affords a ſtrong inſtance of the advantages which proceed from anatomical inveſtigations, in ambiguous caſes. The real nature of this diſeaſe, and, of courſe, the proper means of treating it, have only been known of late years ; the diſcovery being the conſequence of obſerving the appearances of the parts after death.

For the purpoſe of preventing this dreadful diſeaſe, beſides attending to the general rules already given for the prevention of inflammation, great care ſhould be taken, that children ſhould not be expoſed to extremely cold air, for any conſiderable time. With the hope of rendering children hardy and robuſt, they are ſent out, in the arms of their nurſes, during the moſt ſevere cold weather, for hours together, and, too commonly, not ſufficiently clad. The poor infant, at the firſt expoſure, declares, by its cries, the uneaſineſs it ſuffers ; but after a little time, overcome by the ſeverity

ſeverity of the cold, it falls faſt aſleep.* In this ſtate

* From the ſound ſleep in which children are ſeen who are thus expoſed, it may be imagined, that the cold is no more than they can bear, without a chance of injury. But that this ſleep itſelf may be the conſequence of the exceſſive cold, appears to be very probable, upon recollecting the effects of cold, as deſcribed in the firſt voyage of Capt. Cooke for making diſcoveries in the ſouthern hemiſphere. During their ſtay at *Terra del Fuego*, Mr. Banks, and Dr. Solander, with a party compoſed of draughtſmen, &c. had made an excurſion into the interior of the country. It being eight in the evening, the blaſts of wind very piercing, and the ſnow falling thick, they were paſſing through a ſwamp, towards a wood, in the covert of which they propoſed building a hut, and kindling a fire, to defend themſelves from the ſeverity of the weather. Dr. Solander having often paſſed over mountains in cold countries, was ſenſible, that extreme cold, when joined with fatigue, occaſions a drowſineſs that is not eaſily reſiſted: he therefore intreated his friends to keep in motion, however diſagreeable it might be to them. His words were—Whoever ſits down, will ſleep; and whoever ſleeps, will wake no more.—Every one ſeemed accordingly armed with reſolution; but, on a ſudden, the cold became ſo intenſe, as to threaten the moſt dreadful effects. It was now very remarkable, that the doctor himſelf, who had ſo forcibly admoniſhed and alarmed his party, was the firſt that inſiſted to be ſuffered to repoſe. In ſpite of the moſt earneſt intreaties of his friends, he lay down amidſt the ſnow; and it was with difficulty they kept him awake. One of the black ſervants alſo became weak and faint, and was on the point of following this bad example. A party was therefore detached, to make a fire at the firſt commodious ſpot they could find. Mr. Banks and four more remained with the Doctor and Richmond

ſtate, with their extremities ſo chilled as to be of a dark crimſon hue, may children be ſeen every winter, in all the public walks round the metropolis. On their return home, the chilled appearance of their arms and legs excites the attention and the exertions of their parents or nurſes, who immediately laying them on their knees, chafe them before the fire, until the parts have acquired a conſiderable degree of warmth. The danger of this ſudden tranſition from one extreme of temperature to another, has been already remarked: I ſhall only, therefore, obſerve here, that by ſuch improper management, this diſeaſe, or inflammation of the lungs, is very likely to be induced. This

mond the black, who with the utmoſt difficulty were perſuaded to come on; and when they had traverſed the greateſt part of the ſwamp, they expreſſed their inability of going any farther. When the black was told, that if he remained there he would ſoon be frozen to death, his reply was, that he was ſo much exhauſted with fatigue, that death would be a relief to him. Dr. Solander ſaid, he was not unwilling to go, but that he muſt firſt take ſome ſleep; ſtill perſiſting in acting contrary to the opinion which he had himſelf delivered to the company. Thus reſolved, they both ſat down, ſupported by ſome buſhes, and in a ſhort time fell aſleep. Intelligence now came from the advanced party, that a fire was kindled about a quarter of a mile farther on the way. Mr. Banks then awakened the Doctor, who had already almoſt loſt the uſe of his limbs, though it was but a few minutes ſince he ſat down; nevertheleſs he conſented to go on, but every meaſure taken to relieve the black proved ineffectual.

This expoſure of infants to extreme cold, is not defenſible on any hypotheſis ; and ſo far from being calculated to render them hardy, it is more probable, that, by thus occaſioning diſeaſes, it will render them tender and weakly. The parents of children who reſide in cities, ſtruck with the appearances of ſtrong health, which ſometimes mark the countenances of little cottagers, who, almoſt unprotected by clothing, brave the coldeſt and moſt inclement ſeaſons, flatter themſelves, that, by ſimilar expoſure, they ſhall obtain for their children an exemption from diſeaſe. But this expectation is the reſult of a very erroneous calculation. The vaſt number of little victims, who fall by various diſeaſes, the conſequences of this expoſure to every inclemency of ſeaſon, is not reckoned ; and the poor invalids, whom diſeaſe or weakneſs, produced by the ſame cauſe, keeps within doors, are unknown to the paſſenger, who makes his eſtimate only from thoſe few who have hitherto eſcaped, notwithſtanding the miſeries to which they have been expoſed. That thoſe who thus eſcape, may originally have been of the moſt ſtrong conſtitutions, is reaſonable to ſuppoſe : they are therefore, of courſe, children of ſuch an appearance, as will be moſt likely to excite a favourable opinion of their mode of being reared.

If this ſtatement were not true, and, on the contrary,

trary, if the children of ruſtics bore this expoſure to extreme cold without injury, ſtill this would not authoriſe that expoſure which I have here made a ſubject of reprehenſion. To prove this, let it be conſidered, that the expoſure of the children of the poor is regular and uniform, their lodging is generally ſo wretched, that the difference of temperature between the external air and that of their hovel is ſeldom very conſiderable; and that they are, therefore, but little expoſed to ſudden and conſiderable changes of temperature. But it is very different with thoſe children, whoſe cauſe I am wiſhing to plead, who dwell chiefly in apartments, from which the cold air is excluded as much as poſſible, and which are alſo heated by large fires. Theſe children muſt be generally in ſuch a ſtate, that the ſudden expoſure to cold may be very likely to occaſion the moſt ſerious conſequences.

Another circumſtance which may probably occaſion this diſeaſe, and which, therefore, ought to be carefully prevented, is exertion of the voice by hollowing, ſcreaming, &c. In two of the caſes I have witneſſed, the diſeaſe ſeemed to have been thus produced. In the one caſe, a child, three years old, whoſe legs had been ſcalded by boiling water, had ſcreamed inceſſantly, and with the utmoſt violence, for five or ſix hours: and was ſeized, the following night, with this diſeaſe, of which it died. In the

the other caſe, a boy, about ſeven years of age, had been celebrating in a proceſſion, the day of quitting ſchool for vacation, and had, according to a very ſilly cuſtom, been engaged with his ſchool-fellows in huzzaing, almoſt during the whole time, with his utmoſt exertion. He was attacked the ſame evening with this diſeaſe, and was, the next day, evidently in a conſiderable degree of danger; but happily recovered, in conſequence of being freely blooded, bliſtered, &c.

QUINSY OF THE PAROTID GLAND, OR THE MUMPS.

This diſeaſe is diſtinguiſhed by a conſiderable ſwelling, which ariſes very rapidly, in general, on each ſide of the neck, becoming large, and ſometimes painful: the ſwelling increaſes for three or four days, when it begins to decline, and in a few days entirely diſappears. It frequently happens, that, as the ſwelling of the neck ſubſides, the teſticles of the male, and the breaſts of the female, are affected with hard and painful tumours. A ſlight fever is obſervable through the whole progreſs of this diſeaſe, which goes off, in general, as the ſwelling declines.

This diſeaſe, in common, requires but little medical aſſiſtance; it being generally ſufficient, that the

patient keeps himſelf in the houſe, with a moderately warm covering round the neck; that he drinks freely of warm diluting liquors; and preſerves the bowels rather in a relaxed ſtate, by the occaſional uſe of gentle laxatives.

Dr. Cullen obſerves, that "ſometimes, when the ſwelling of the teſticles does not ſucceed to that of the fauces, or when the one or the other has been ſuddenly repreſſed, the pyrexia, or fever, becomes more conſiderable, is often attended with delirium, and has ſometimes proved fatal." Inſtances of this kind are, indeed, not very frequent; but this obſervation ought to excite a conſiderable degree of vigilance, as the increaſe of fever may demand the moſt vigorous exertions.

This circumſtance will alſo ſerve to evince the danger of confiding in domeſtic practice, even in a diſeaſe apparently trifling; ſince, in this caſe, the danger may become very conſiderable, before it is detected.

INFLAMMATION OF THE EAR.

THERE frequently occurs, in the progreſs of the foregoing diſeaſe, a painful affection of the ear, which cauſes much trouble to the patient. This is generally occaſioned by inflammation in the cavity of

of the ear, and may be produced independent of this diſeaſe, by expoſure to cold, &c. In ſlight caſes, this affection may be removed by a little warm oil of almonds dropped into the ear, with the application of a warm bread and milk poultice, or a bag of camomile flowers, which have been infuſed in boiling water, and which ſhould be applied as warm as poſſible.

But, ſhould it not ſoon give way to theſe means, it will be neceſſary to obtain proper chirurgical advice, leſt ſuppuration ſhould take place, and be ſucceeded by a total loſs of hearing in the ear which is affected.

TOOTH-ACH.

THE term *tooth-ach*, is, indeed, only expreſſive of pain of the tooth; which may be produced by almoſt all the various diſeaſes to which the teeth are ſubject. In other words it is only the name of a ſymptom of ſome diſeaſe with which the tooth is affected. The common acceptation of the term, as the name of a diſeaſe itſelf, is productive of very erroneous practice, among the profeſſors of domeſtic medicine; a conſiderable number of contrary means ſwelling their catalogue of ſpecifics, for the cure of this ſymptom; whilſt the actual diſeaſe, and

and the cauſe on which this ſymptom depends, are unheeded.

Tooth-ach is, generally, a ſymptom of a *Caries* of the tooth; or of ſuch a diſeaſe of the tooth, as will, if not cured, terminate in *Caries*. It ſometimes occurs in conſequence of the teeth being affected by ſcurvy, and ſometimes it follows the uſe of mercury. It may alſo be occaſioned by acrid matters applied to a tooth already diſeaſed, or it may proceed from a rheumatic affection. The diſeaſe from which it proceeds may exiſt in the body of the tooth, or in that part, termed its roots; the ſeat of the diſeaſe, which may be deſcribed as tooth-ach, may be, even in the *antrum highmori*, a cavity in the bone of the upper jaw.

The applications, which in general, are had recourſe to on theſe various occaſions, are ardent ſpirits, eſſential oils, and various other medicines poſſeſſing conſiderable cauſtic power. Sometimes, with the expectation of deſtroying the nerve, *aqua fortis* is dropped in the tooth. The miſchiefs which reſult from ſuch applications to parts which are in the higheſt ſtate of irritability and inflammation, are often of a very ſerious nature.

From the enumeration I juſt now made of a few of the many cauſes, from which this very painful diſeaſe may proceed, it muſt appear very obvious, that

that the general mode of proceeding of thoſe who ſuffer from it, is in the higheſt degree improper. When the pain becomes difficult to bear, recourſe is had to a variety of applications, external and internal; which, being ſelected without judgement, ſeldom produce any beneficial effects; but moſt commonly, in conſequence of their being highly ſtimulant, or even eſcharotic, the ſufferings of the patient are increaſed, the diſeaſe augmented, and the tooth often irreparably injured. Should theſe means fail, which, as may be ſuppoſed, is generally the caſe, application is made to ſome neighbouring tooth-drawer, and the marked, though perhaps ſound, tooth, is removed without any further enquiry.

The general ſtate of the ſyſtem, the prediſpoſing, as well as the exciting cauſe, and the real nature of the diſeaſe, ſhould be carefully enquired into. If this be done by an intelligent profeſſional character, the patient may not only obtain preſent relief; but, by the diſeaſe being ſpeedily removed, future pain and decay of the tooth may be alſo prevented.

To give advice ſufficient to enable domeſtic practitioners to treat, with propriety, all the different caſes of this diſeaſe, is impoſſible. To provide them with ſuch a mode of treating tooth-ach, at its commencement,

mencement, as will not only be generally ſafe, but as will alſo be likely to render farther aſſiſtance unneceſſary, is all that can be here attempted.

Should a tooth, which, on examination, appears to be perfectly ſound, be affected with exceſſive pain ; it will be proper, as ſoon as poſſible, to put the feet and legs into warm water, in which they may remain about a quarter of an hour. After this, the patient ſhould go into bed, ſecuring on the pained ſide of the face, a piece of doubled flannel, wetted with any ſpirits, made warm, by being held in a ſaucer over the flame of a candle : he ſhould alſo drink freely of warm barley-water, or of any other diluting drink ; and endeavour to excite perſpiration, as ſpeedily as poſſible, by breathing under the bed-clothes, &c. Should the pain ſtill continue, leeches may be applied externally, near the angle of the jaw, and, a bliſter alſo may be applied behind the ear.

If the tooth is conſiderably decayed, a doſſil of lint dipped in the tincture of opium, or a ſmall pill of the opium pill of the ſhops, may be introduced into the cavity, and occaſionally renewed. If this ſimple, but frequently efficacious, plan ſhould fail, application muſt be made to ſome ſurgeon, or ſkilful dentiſt.

TEETHING.

It was originally my intention to have allotted one part of this work, entirely to the diſeaſes of children, and to obſervations reſpecting their clothing, diet, &c. But, on conſidering how fully and ably their diſeaſes have been treated by Dr. Underwood, and that Dr. Buchan has announced his intention of publiſhing an eſſay, *On the Duties and Office of a Mother*, (a work which, from the attention the Doctor has paid to this ſubject, cannot fail to be in the higheſt degree uſeful,) I reſolved only to interſperſe ſuch detached obſervations, on the diſeaſes of children, as appeared likely to be moſt particularly intereſting. The miſchiefs which ariſe from dentition being, moſt probably the conſequence of the inflammation of the membrane inveſting the teeth, this appeared to be the moſt appropriate place for the introduction of theſe remarks on teething.

The complaints occaſioned by dentition are numerous, and frequently highly dangerous; feveriſh complaints, and inflammation of the lungs, and of other important parts, frequently ariſing from this cauſe. The two front teeth, in the lower jaw, are thoſe which uſually firſt appear; and this, ſeldom before the fourth, or after the tenth, month. The two oppoſite ones in the upper jaw next appear; and the remainder in irregular ſucceſſion.

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The ſymptoms of dentition are, ſwelling, redneſs, and ſpreading of the gums; fluſhings of the cheeks, and ſlavering from the mouth. Sometimes eruptions appear on various parts of the ſkin, and generally the bowels are diſordered, and the ſtools increaſed in number. The child is employed, almoſt conſtantly, in endeavouring to mitigate his pain, by biting any ſubſtance he can thruſt in his mouth. The urine ſuffers various changes, ſometimes coming away quite pale, and at other times high coloured; and depoſiting, ſometimes a thick white, and at other times a reddiſh, ſediment.

The ſymptoms already deſcribed, are thoſe which occur in caſes of eaſy dentition; but with difficult and painful dentition, ſymptoms ariſe which are not only dangerous, but are often ſuch as the experienced only can trace to their real cauſe. Such are, various ſpaſmodic affections, violent convulſive fits, cough, ſhortneſs of breathing, and acute fever.

When the firſt deſcribed ſet of ſymptoms begin to appear, care ſhould be taken, that the child's bowels are kept rather open, and that his food be rather lightened, both in quantity and quality. Expoſure to the air ſhould be continued, nearly as much as in perfect health; but the ſkin ſhould be guarded from the effects of much cold. But ſhould

any

any of the latter-mentioned ſymptoms appear, a free inciſion ſhould be made down to the tooth, which is painfully wounding and diſtending, not merely the gum, but the irritable membrane which immediately inveſts the teeth until their protruſion.

Far is it from my expectation, that I ſhould be able to add a ſingle argument to thoſe which have been already employed by others, for the purpoſe of procuring a more ready ſubmiſſion to this ſafe, uſeful, and often abſolutely neceſſary, operation. Induced, however, by the hope, that I may chance to place the circumſtances in a different, and perhaps ſtronger light, I will juſt call your attention to the ſtate of the parts, and to the actual effects of the operation. I will then leave it to you to determine, not merely whether, having it in our power to remove them, the actual torments of the child ought to be permitted, becauſe the parent ſhall not be teized with ſentimental and ſympathetic feelings for the fancied ſufferings of his child, under an operation abſolutely not ſo painful as the ſcratch of a pin. No! the queſtion on which you ſhall be called to decide, is one of a much more ſerious nature.

When the teeth have acquired that ſize and form which nature intended, they are puſhed forward, diſtending the membrane which inveſts them, which,

with the gums, become inflamed and very ſenſible. In caſes of eaſy dentition, theſe however ſoon yield, and the teeth are protruded without much difficulty. But in caſes where the cutting of the teeth is much protracted, the inflammation and the ſenſibility of the gums, and of the membrane inveſting the tooth, are very conſiderable, and, in this ſtate of extreme tenderneſs, become tightly ſtretched over the ſharp points of the ſubjacent teeth, neceſſarily producing exquiſite pain, which is ſufficiently manifeſted by the frequent ſhrieks, and almoſt conſtant cries of the poor child. If theſe diſtreſsful appeals for help fail of exciting the parents to the adoption of efficacious means of relief, fever, convulſions, and death, ſoon enſue. But if, attending to the plain language of nature, they permit the painfully ſtretched parts to be entirely divided, the inflamed gums and membrane immediately recede, the inflammation goes off, the pain ceaſes, and the tooth ſometimes immediately protrudes.

Now ſay, in thoſe caſes where this operation is ſo directly demanded, as the price of the life of a child, can a parent withhold it without ſubjecting himſelf to the charge of ———? But much more guilty are thoſe, who actually entice the unhappy mother to devote her child to the ſufferings I have juſt deſcribed, and even to death itſelf, by occaſioning her reliance on means totally incapable of yielding

yielding the ſmalleſt relief. Such are the various forms of neck-laces, by which theſe perſons pretend, that the ſpeedy and eaſy cutting of the teeth will certainly be obtained.

So little pain is occaſioned by lancing the gum over the diſtending tooth, and ſuch immediate relief is often derived from it, that it frequently happens, that a child, who, the moment before, appeared to be in great agony, will beſtow a grateful ſmile, the inſtant the inciſion is made; and if, as ſometimes happens, the gum grows again over the tooth, will not only cheerfully ſubmit to the operation, but even appear to ſolicit it.

I have been more earneſt in urging parents to permit this little operation, fearing that the aſſertion of Dr. Buchan, that "With regard to cutting "the gums, we have ſeldom known it of any great "benefit," may have, not a little, kept up that repugnance in parents to the operation, with which medical men ſo often have to combat. Againſt this aſſertion I am unwilling to oppoſe my own opinion alone, and ſhall therefore offer to your notice the declarations of one, whoſe authority, in this inſtance, is not likely to be diſputed. "I am convinced from experience, that this little operation is often inexpreſſibly uſeful, and appears to have ſaved many lives, after the moſt dangerous ſymptoms had taken place, and every other means of

of cure had been made uſe of.——I have ſeen the like good effects from it, when children have been cutting a number of teeth in ſucceſſion, and have bred them all with convulſions; nothing having relieved or prevented theſe terrible ſymptoms, but lancing the gums, which has removed them every time it has been done, one or more teeth appearing a day or two after each operation."* Similar remarks have been made by Mr. John Hunter.

Dr. Buchan farther ſays, "In obſtinate caſes however, it ought to be tried. It may be performed "by the finger-nail, the edge of a ſixpenny piece "that is worn thin, or any ſharp body which can "be with ſafety introduced into the mouth; but "the lancet, in a ſkillful hand, is certainly the moſt "proper."

The conceſſion that *in obſtinate caſes* it ought to be tried, will, I ſuſpect, have but little power in overcoming the averſion to the operation; when it is conſidered, that the immediately preceding ſentence contains the aſſertion, that *it has ſeldom been known to be of any great benefit.*

The mode in which Dr. Buchan ſays it may be performed is in every reſpect objectionable; but particularly

* Treatiſe on the Diſeaſes of Children, by Dr. Underwood, vol. i. p. 328.

particularly on account of its ineffícacy, and of its inducing parents to reſt ſatisfied with the operation ſo imperfectly performed, as not to afford the child a probability of relief. Dr. Underwood obſerves, "When it is found neceſſary to lance the gums, it ſhould always be done effectually, with a proper gum lancet, and not with a needle, a thin ſix pence, or ſuch like inſtrument, which will not ſufficiently divide the gum, nor the ſtrong membrane that covers the teeth."*

Beſides lancing the gums, other remedies will be required; but as theſe muſt be adapted to the different ſymptoms which ariſe, it is hardly poſſible to point them out here.

Soreneſs and ſlight ulcerations behind the ears, frequently occur to children, during the time of dentition; and will even continue, for ſome time, not only without injury, but even with advantage to the child. In ſuch caſes, little more is required, than to keep the bowels in a regular ſtate, to keep the ſores clean, and covered with a fold of lint, which has been made to imbibe a very ſmall quantity of oil of almonds. Sometimes theſe ulcerations will be covered with gangrenous ſloughs, and will ſpread into deep ſores, extending to the ſides of the neck. Here, it will be ſufficient to ſay, that the

* Treatiſe on the Diſeaſes of Children, vol. i. p. 227.

the diſagreeable ſcars, which are ſometimes left by theſe ſores, render the complaint ſufficiently ſerious, to require the greateſt judgment in preſcribing the appropriate external, as well as internal remedies; and therefore ought never to be truſted to the entire management of a nurſe.

PNEUMONIC INFLAMMATION, OR INFLAMMATION OF THE LUNGS.

Inflammation of the membrane which is ſpread over the cavity of the cheſt, and on the *viſcera* it contains, is diſcovered by pain in the affected part, difficulty of breathing, cough and fever.

Whether the inflammation poſſeſſes any of the viſcera themſelves, or the membrane which inveſts them and the whole ſurface of the cavity, is very difficult to be aſcertained. This, however, is not of much conſequence; ſince the mode of treatment, at leaſt, in the commencement of the attack, would in each of theſe caſes, be very little different from each other.

In general, the diſeaſe commences with ſhivering, to which conſiderable heat ſucceeds: the pain coming on and increaſing with the heat. In ſome caſes,

ſes, the fever will exiſt for ſome hours, before the pain and difficulty of breathing become very troubleſome; and ſometimes the pain and difficulty of breathing will be very conſiderable, although little or no alteration in the ſtate of the pulſe, or the temperature of the body, takes place.

From this circumſtance ariſes a very conſiderable degree of ambiguity, which will demand, even from thoſe who are accuſtomed to watch the riſe and progreſs of diſeaſe, the moſt careful inveſtigation; and muſt undoubtedly render it utterly unſafe to truſt to the judgement of the unexperienced.

It is very evident, that the ſeat of the inflammation, and conſequently of the pain, may vary in different caſes; ſometimes occupying the middle part of the cheſt, beneath the breaſt bone, extending to the back between the ſhoulders. In theſe caſes, the ſeat of the diſeaſe is, moſt probably, in the mediaſtinum, which makes the diviſion between the two ſides of the cheſt.

Sometimes the pain extends from the pit of the ſtomach, all round the body. The diaphragm, in this caſe, may be ſuppoſed to be inflamed.

When with fever, there exiſts a pain in the region of the heart, great anxiety, difficulty of breathing, cough,

cough, irregular pulſe, palpitation, and fainting; the inflammation may be ſuppoſed to poſſeſs the heart itſelf, or ſurrounding membrane.

Pleuriſy, as it is generally, and not improperly, termed, is the moſt common form, in which this diſeaſe makes its attack. An exceſſively ſharp and pungent pain, in this caſe, ſeizes the ſide, between the ſixth and ſeventh rib, and is, in moſt caſes, either accompanied, or ſucceeded, by a conſiderable degree of fever, and a full, hard, and quick pulſe; the urine being alſo, at the ſame time, exceedingly high colored. The pain, commonly, is not confined to one ſpot, but darts from the ſide towards the breaſt bone, or back, and ſometimes extends itſelf, with a particularly diſtreſſing aching pain, towards the collar bone.

Thoſe who are of a robuſt habit, and of a florid complexion, are moſt diſpoſed to attacks of this diſeaſe. Males, from their greater ſtrength of fibre, and from their being more expoſed to the exciting cauſes, are more ſubject to this malady than females. Young perſons are more liable to it than the aged: and thoſe who indulge much in eating, particularly of animal food; as well as thoſe who have ſuffered a ſuppreſſion of ſome habitual diſcharge, by having a fulneſs of blood produced, frequently ſuffer from it.

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The exciting cauſes of this diſeaſe may be, full meals of viſcid and ſtimulating ſubſtances, ſuch as ſmoked and ſalted meats, joined with ſpiceries; drinking freely of fermented or ſpirituous liquors, violent and long continued exerciſe, expoſure to damp and cold air, when the body has been previouſly heated, and the ſudden tranſition from extreme cold to heat.

The terminations of this diſeaſe, like other inflammations, may be, by reſolution, ſuppuration, or gangrene; beſides which, it has a termination peculiar to inflammation of the lungs, which is, an effuſion of blood into their cellular ſubſtance, which interrupting the circulation of the blood and reſpiration, ſoon produces ſuffocation; an exudation on the ſurface of the pleura, has been found, by diſſection, frequently to have taken place.

For the cure of this diſeaſe, large evacuations are required: that which is particularly beneficial, is the taking away of blood in a conſiderable quantity, and from a large orifice, from the arm, and even, in ſome caſes, leeches or ſcarifications may be uſed, for the purpoſe of topical bleeding.

Inſtead of proceeding to detail particularly the mode of cure in a diſeaſe, in which the conſequences of failure are ſo truly dreadful, and in the treat-

ment of which ſo much knowledge and diſcernment are required; I will offer a few words of advice, ſuggeſted by the mention of the firſt meaſure neceſſary to be adopted in the endeavour to obtain a cure. Bleeding, it has been remarked, is neceſſary in this diſeaſe; and frequently is this indicated to ſuch an extent, as to excite alarm among the friends of the ſick, who will too frequently remonſtrate againſt what they will term, a farther waſte of blood. Let the conſequence of this conduct be conſidered. The phyſician muſt either perſiſt in obtaining a compliance with his preſcription, and ſubmit to all the conſequences of ſcandal and miſrepreſentation, in caſe of a fatal termination; or, prompted by too much tenderneſs for his character and reputation, he may concede to the fears of the patient's friends, and that which was neceſſary to the patient will be omitted. As a phyſician, it may be ſaid, would never give up a point, on which the life of his patient depended, no real injury can reſult from this oppoſition. But ſurely it will be allowed, that the man muſt poſſeſs a conſiderable ſhare of fortitude, who will perſiſt in demanding an exact compliance, in a caſe which, if all be done that art can do, may terminate in the death of the patient; and where the friends of the ſick ſay, but in other terms, What you inſiſt on ſhall be adopted; but if the patient die, you muſt

expect

expect all the obloquy, that can be heaped upon you.

In no diſeaſe is a ſtrict abſtinance more neceſſary, than in this; ſince, in proportion to the nouriſhment taken in, will be the increaſe of the blood, and conſequently of the diſeaſe. Nothing but watery drinks, as toaſt and water, barley-water, pectoral drink, bread tea, &c. rendered pleaſant by the addition of the mildeſt vegetable acids, ought to be allowed, until the violence of the diſeaſe is ſubdued; nor then ſhould the lighter kinds of nouriſhment, as panada, &c. be allowed, but in the moſt cautious manner. The drinks may be taken frequently, but in ſmall quantities at a time, and never entirely cold.

If the diſeaſe is not removed by the firſt attempts, eſpecially if two or three days of its duration have elapſed, ſymptoms, ſo ambiguous in their appearances, occur, as to require the greateſt nicety in determining to what the indications point. Frequently it will be found neceſſary to repeat the bleedings ſeveral times, and that even in the firſt hours of the diſeaſe; but ſometimes, when the urgency of ſome of the ſymptoms may ſeem to indicate this repetition, other circumſtances may occur, which may take away from the clearneſs of the indication, and even ſeem to contradict it. Sometimes this diſeaſe terminates by expectoration, with reſpect

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to which much judgment is neceſſary ſince, where this proves to be the caſe, the future ſafety of the patient will depend upon properly encouraging and regulating this diſcharge. Sweating, although ſometimes recommended, as proper to be promoted very early in the diſeaſe, yet we are taught, by a very great authority, that it ought not to be excited by art, unleſs with much caution. Much nicety is required alſo in the management of the cough, which often, by its ſeverity, very much diſtreſſes the patient, often occaſioning a conſiderable aggravation of the pain, and want of ſleep. The exhibition of opiates will mitigate this troubleſome ſymptom; but it ought alſo to be known, that given in certain ſtages of the diſeaſe, and without certain cautions, they will not only impede the cure, but prove injurious in a very high degree.

Convinced of the difficulty in conducting this diſeaſe to a cure by any but profeſſional men, I have intentionally avoided the taſk of directing the management of the diſeaſe through its whole progreſs. In conſequence of that ambiguity, in which, it has been before obſerved, the ſymptoms are often involved, little benefit could ariſe, in a work of this kind, from the enumeration of the various remedies which different circumſtances require; ſince even the exiſtence of theſe particular circumſtances is not always diſcoverable, at leaſt by domeſtic practitioners.

titioners.* An error in the treatment of this diſeaſe might be ſucceeded by the moſt fatal conſequences; ſince, if the patient ſhould eſcape ſudden ſuffocation, from an extravaſation of blood in the cellular ſubſtance of the lungs, it is yet to be feared, leſt ſuppuration ſhould take place, and the unhappy patient ſuffer the lingering miſeries of an incurable conſumption.

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* Dr. Buchan, after enumerating the remedies proper in this diſeaſe, ſays, "We have mentioned different things, on purpoſe "that people may have it in their power to chooſe; and likewiſe, that when one cannot be obtained, they may make uſe "of another. Different medicines are no doubt neceſſary in the "different periods of a diſorder; and where one fails of ſucceſs, "or diſagrees with the patient, it will be proper to try another." But in a diſeaſe ſo dangerous in its nature, the vague and deſultory practice of domeſtic medicine muſt be very hazardous. For, as is well obſerved by Dr. Duplanil, who has tranſlated Dr. Buchan's Domeſtic Medicine into French, and has added to it ſome excellent notes, in his obſervations on this paſſage of Dr. Buchan's, "Cependent, nous ne pouvons diſconvenir que "quelque ſimple que ſoit cette marche, ille demande une attention dont tout le monde n'eſt pas capable, on a donc raiſon de "dire que ſi la regime eſt ſuſceptible d'etre adminiſtré par tous "les hommes, les remedes ne doivent l'etre que par les perſonnes "les plus prudentes and les plus éclairées."—"Nevertheleſs, we cannot deny, that however plain this path may be, yet it requires ſuch attention as every one is not capable of giving. It may therefore with propriety be ſaid, that although the diet may be adminiſtered by any one, yet medicines ſhould not be preſcribed by any but the moſt cautious and well informed."

One obſervation more muſt be made, whilſt on this ſubject, ſince there is not a doubt, that an attention to it may occaſion the ſaving of many lives. It is to be remarked, in the hiſtory of this diſeaſe, that in ſome caſes very little change is perceptible in the ſtate of the pulſe, or the temperature of the body; and that the pain alſo may be but inconſiderable, giving an idea to the patient, rather of oppreſſion than of pain; ſo that, excepting the difficulty of breathing, which may be referred to many other cauſes, the patient will have few or no marks, by which he can be led to ſuſpect the nature of his complaint, and the danger of his ſituation, until he is out of the reach of help. It too frequently happens, that phyſicians are called to the aſſiſtance of thoſe, who will ſay, that having experienced little or no inconvenience, excepting a little difficulty in breathing, they had waited with the hope of its going off without any medical aid; and too often it is found, that the inſidious diſeaſe has, in that time, injured the conſtitution irreparably.

In every caſe, where the breathing becomes changed from its natural ſtate, without any evident cauſe, a morbid change of the lungs may be reaſonably ſuſpected; and as this can never happen without endangering the life of the patient, the beſt advice ſhould be obtained, and as early as poſſible.

Great

Great care muſt be taken, after recovery from this diſeaſe, that a relapſe is not produced: the ſpareſt diet ſhould therefore be uſed, the inclemencies of the weather carefully guarded againſt, moderate exerciſe employed, and the cheſt protected from the action of cold, by conſtantly wearing a flannel waiſtcoat next the ſkin. All thoſe circumſtances deſcribed as cauſes of this diſeaſe ſhould be carefully avoided.

INFLAMMATION OF THE LUNGS IN CHILDREN.

The preſent ſection is written with the eager hope of calling the attention of parents to the firſt appearance of inflammation of the lungs in children, ſince its firſt attack is, in general, made in ſo inſidious a manner, that little or no alarm is excited; and the ravages of the diſeaſe are permitted, until they exceed all probability of reſtraint. Indeed, the number of children loſt by neglecting to oppoſe this malady on its firſt appearance, muſt very far exceed the conjecture of any one who has not had the opportunity of witneſſing the many deaths from this cauſe.

The firſt ſymptom diſcoverable in children, is, in general, a ſlight degree of feveriſh heat, which, in

in the courſe of a few hours, increaſes, and is ſoon accompanied by a quickneſs of the breathing. This, however, is often hardly obſervable, requiring, even from thoſe who are accuſtomed to witneſs this diſeaſe, very nice attention to determine, whether the reſpiration is morbidly increaſed or not. If the diſeaſe ſtill eludes the attention, and proceeds in its courſe, the heat increaſes, a ſhort, dry, hard, cough comes on, and the reſpiration is not only more quickened, and becomes more laborious, but is performed with a rough whizzing ſound. The child is now in a conſiderable degree of danger; but if, warned by this laſt ſymptom, immediate aſſiſtance be obtained, it may probably yet be ſaved. Should this ſtrong notice of danger paſs unheeded, and the means of relief be longer deferred, every exertion may be made in vain, and the child, after the ſevereſt ſtruggles, die in the courſe of a few more hours; or gradually fall into one of the moſt diſtreſſing ſtates which a parent can witneſs—a gradual decline.

Quickneſs of breathing, ſlight cough, and heat of the ſkin, in children, ſhould therefore be always regarded as ſymptoms demanding immediate inveſtigation. Since, although they may ſometimes occur without danger, they moſt frequently will be found to mark the exiſtence of this alarming malady.

When,

When, therefore, theſe ſymptoms are met with, under the circumſtances above mentioned, the diſeaſe appearing to be manifeſt, and proper advice cannot be directly obtained, a leech or two, according to the age and ſtrength of the child, ſhould be put on the fore part of the cheſt; the child ſhould then be immerſed in a warm bath, up to the middle, or even to the arm-pits, from ten minutes to a quarter of an hour; and then wiped dry, wrapped in a blanket, and placed in bed; a bliſter ſhould be applied to the cheſt, cloths ſhould be properly diſpoſed to abſorb the blood, which it is to be hoped will continue to flow, and frequent warm ſippings, ſuch as milk and water, barley-water, &c. ſupplied, ſo as to produce a copious flow of perſpiration. Generally, if theſe means be adopted, at this ſtage of the diſeaſe, the breathing will, in an hour or two, diminiſh in frequency; and, in about ten or twelve hours, eaſy, natural reſpiration will return.

I have purpoſely avoided mentioning the employment of medicine, in theſe caſes, ſince though theſe may be ſerviceable in the higheſt degree, when adminiſtered with a due attention to every circumſtance; yet, as it would be impoſſible to deliver ſatisfactory rules for their exhibition, in all the caſes likely to happen, I have thought it right their uſe ſhould be deferred, until due advice can be obtained. I muſt, however, add a word or two more reſpect-

ing ſome of the means already ſpecified, to prevent any error in their employment, by which we might be deprived of the advantages we expected from them. Much care is neceſſary, that the water of the warm bath ſhould be nicely adjuſted in its temperature; by its effects being firſt tried on the uſually uncovered part of the arm of the parent or nurſe: employing it only of ſuch a degree of heat, as may be thus borne pleaſantly. On the one hand, ſhould it be of a lower temperature than this, a ſudden chill would pervade the ſyſtem, and every ſymptom be immediately aggravated. So, on the other hand, if, deceived by the heat of the water, having been only tried by the hand, or by that part of the arm which, by conſtant expoſure, has become inſenſible to ſmall variations of heat and cold; and not imputing the cries of the child to their real cauſe, the too great heat of the water, the child be kept in water of too high a temperature, it will come out of the water with the fever and other ſymptoms conſiderably augmented, and inſtead of perſpiration ſucceeding, the ſkin will become more parched than ever, and inflammation will be urged on with irreſiſtible rapidity. In one inſtance, of which I have been credibly informed, a child was actually ſo ſcalded, by want of due attention in this proceſs, that bliſters aroſe in ſeveral parts of the body, during the few hours the child ſurvived.

Some

Some caution is alſo neceſſary, in the application of the bliſter to the ſtomach ; ſince, if ſo placed, that the blood, proceeding from the wound made by the leech, be allowed to inſinuate between it and the ſkin, it will be found, when, perhaps, it is too late for its removal, that it has entirely failed, a coagulum of blood having completely defended the ſkin from its action.

It does not unfrequently happen, that parents, though warned of the danger which awaits a child ; and repeatedly adviſed to adopt the propoſed remedies, will not allow themſelves to be convinced of the neceſſity of employing ſuch violent means, as they will term them, for the removal of what they will alſo term, a trifling ailment.

It will, by many, be hardly credited, that from the circumſtance of deferring to ſend for medical aid until towards the evening, the lives of many children are loſt. The child appears rather unwell in the morning, the breathing becomes ſhort in the courſe of the day, the feveriſhneſs and cough alſo increaſing ; and at the arrival of evening, fearing a diſturbed night, the family apothecary is ſent for, to provide a little draught to enſure a good night's reſt. Struck with the dangerous ſituation of the child, he endeavours to communicate his juſt fears and anxiety to the parents ; but however ſurpriſing it

it may appear, his admonitions will often be liſtened to with incredulity, and even with unjuſt ſuſpicion. It appears to the parents, that too much is about to be done ; the plan propoſed, they obſerve, is very inconvenient, eſpecially at that time of the evening. They therefore either plainly ſay, they ſhall wait 'till morning ; or they promiſe to employ the means, and afterwards change their minds ; ſo that, when viſited in the morning, the child is perhaps found ſo much worſe, as to render the probability of ſucceſs, from even the moſt appropriate means, very doubtful. It is not in this diſeaſe alone, that this fatal obſtinacy of parents is found : every apothecary muſt have repeatedly met with it, in thoſe diſeaſes, in which the ſymptoms are not of ſuch a nature as to alarm the ignorant, and where the curative means are attended with any trouble, out of the ordinary way ; eſpecially, too, if application for advice is deferred until the evening : which, putting all conſideration of the caſe or comfort of medical men out of the queſtion, and conſidering only the benefit of the patient, and the convenience of thoſe around him, ought never to be done.

PULMONARY

PULMONARY CONSUMPTION, OR ULCER OF THE LUNGS.

THE characteriſtics of this diſeaſe are, hectic fever, cough, and a ſpitting, chiefly compoſed of matter.

A conſumption may ſucceed to catarrh, aſthma, inflammation of the lungs, and ſpitting of blood: it may alſo proceed from tubercles formed in the lungs. Sometimes it is induced by a general affection of the ſyſtem: moſt frequently it is accompanied by a ſcrophulous habit; and ſometimes it is a conſequence of the venereal diſeaſe, the meaſles, or the ſmall-pox.

Thoſe artificers who inhale great quantities of duſt from the bodies which are the ſubjects of their operations, ſuch as leather-dreſſers, flax-dreſſers, &c. are ſaid to be particularly liable to this malady. The perſons moſt diſpoſed to this diſeaſe are thoſe of a fair complexion, florid cheeks, ſlender make, narrow cheſt, prominent ſhoulders, and a long neck.

The firſt appearance of the diſeaſe will vary in different caſes; this variety depending, in a great meaſure, on the nature of the preceding diſeaſe. The moſt conſtant ſymptom, however, is a cough, by which phlegm is frequently thrown up: this phlegm becomes, by degrees, more thick and opaque, reſembling

reſembling matter ; of which, at length, it becomes almoſt entirely compoſed. The breathing is, in general, from the firſt, ſhort and laborious ; and accompanied with a tightneſs acroſs the cheſt, as though the cheſt was confined with a cord. Sometimes painful ſtitches are felt in various parts of the cheſt ; and, almoſt in every caſe, the patient's breathing is rendered worſe by laying down in bed. It frequently alſo is obſerved, that much greater inconvenience is experienced by laying on one ſide, than on the other. The cheeks are often flufhed, and a heat is felt in the palms of the hands and ſoles of the feet, which increaſes as the evening comes on. After a little time, this heat becomes more diffuſed, affecting the whole ſyſtem with febrile ſymptoms ; theſe generally come on about the middle of the day, being commonly preceded by a ſlight rigor or chilline ſs ; and, after continuing two or three hours, ſubſide, but return as the evening advances. The heat and thirſt then becomes exceſſive, the breathing is quicker and more laborious, the cough more frequent and dry, and the diſcharge of phlegm leſſens, as the heat increaſes. In this reſtleſs and diſtreſſed ſtate, the patient paſſes his nights. As the morning appears, a profuſe ſweat generally comes on, which, after continuing an hour or two, gradually goes off, leaving the patient in a very languid ſtate.

The

The diſeaſe, in ſome caſes, will remain nearly in the ſame ſtate, for ſeveral weeks, or even months; the ſymptoms, all this time, increaſing very ſlowly, and the patient alternating between hope and deſpair, the former, however, in general preponderating. In other caſes, the diſeaſe proceeds more rapidly, the ſpit increaſing very much, and becoming of a thicker conſiſtence, and moſtly of a yellow colour. As the diſeaſe becomes more inveterate, the ſpit acquires a greeniſh hue, the fever increaſes, and the ſweats become exceedingly profuſe. The patient is, at this period of the diſeaſe, conſiderably waſted, his nails curved inwards, his feet and legs ſwoln, his countenance ghaſtly, the eyes appearing to be ſunk in their ſockets, the jaw-bones appearing more elevated than natural, and a crimſon glow frequently appearing on the cheeks. In this ſtate the patient does not continue long, before apthous ulcers in the throat and mouth, or a frequent colliquative purging, ſhews, that the fatal termination of the diſeaſe is near at hand.

No period of life, from childhood to old age itſelf, is exempt from this diſeaſe; but the moſt frequent ſubjects of it are, the young and the middle aged.

The treatment of this diſeaſe muſt, even at its commencement, differ very much in different caſes: this

this variety of treatment chiefly depending on the nature of the preceding, or accompanying diſeaſe. Beſides this, it is obvious, that a difference in the treatment muſt be required, according to a period of the diſeaſe at which the cure is attempted. To obtain benefit from medicine, in this diſeaſe, much judgment is required to be exerted ; ſince very evil conſequences may follow the uſe of a medicine at one period of the diſeaſe, which, if uſed at another, might prove of the greateſt benefit. On the part of the patient, is required the ſtricteſt regularity, and moſt earneſt perſeverance ; ſince the beſt calculated means can have but little chance of effecting any conſiderably beneficial change, unleſs perſevered in for a conſiderable time.

From medicines alone, there is, however, but very little to be hoped for, in this diſeaſe ; their effects muſt be ſeconded by a ſtrict attention to various circumſtances, in the patient's mode of living ; ſuch as his diet, exerciſe, clothing, &c. Of ſuch importance, in the cure of this diſeaſe, is a careful attention to theſe circumſtances, that the probability of recovery would be much greater, in truſting entirely to a due regulation of theſe, than to medicine alone.

As medicine can only be truſted to, in this diſeaſe, when in the hands of medical men, and as a proper

proper regimen, is eſſential to the cure, and depends ſo much on the patient himſelf, and his attendants, I ſhall dwell more fully on this article.

The diet ſhould be compoſed of ſuch things as are ſufficiently nouriſhing; and as are likely, by their mild and antiſeptic nature, to correct any prevailing acrimony, and diminiſh the diſpoſition to inflammation. The loſs of fleſh, and the extreme languor which generally takes place, too frequently induce the friends of the ſick, with the hope of recruiting his impaired vigour, and waſted habit, to ſupply him with food of the moſt highly nouriſhing kind, with wine, and even ſpirituous liquors; and this, eſpecially, when long indulged habits render the demands of the patient importunate. But as the caſes are very rare indeed, where theſe indulgences will not aggravate every ſymptom, and accelerate the fatal termination of the diſeaſe; they muſt not be permitted on every weak and trifling argument, which the patient may adduce.

This caution is the more neceſſary, ſince, where inclination is ſtrong, reaſons, light as air, are produced as the oſtenſible motives for a deviation from the rules laid down by the phyſician: but the friend, or the phyſician, who, through too much complaiſance, allows any weight to ſuch arguments, by no means fulfils his duty.

Dr. Buchan, when treating of the regimen in this diſeaſe, ſays, "We do not, however, adviſe "thoſe, who have been accuſtomed to animal food "and ſtrong liquors, to leave them off all at once." But I cannot help ſuſpecting, that this advice, in a work addreſſed to patients themſelves, may frequently prove injurious, by allowing too great a latitude. For although the Doctor, aware of the ill conſequences of neglecting a due attention to regimen; and doubtleſsly with a view of preventing the evils which improper indulgences may occaſion, recommends, at firſt, wine to be drank diluted with twice or thrice its quantity of water; yet as wine generally turns ſour on the ſtomach of thoſe who are devoted to the pernicious cuſtom of drinking ſpirituous liquors; it is much to be feared, that ſuch perſons will be likely to preſume on this advice, of *not leaving them off all at once;* and will ſubſtitute, for the wine, a little of that to which they have hitherto been ſo much accuſtomed. There appears to me two powerful reaſons, why this change ſhould be undertaken, reſolutely, at once. In the firſt place, as the cure of the diſeaſe depends on a certain change being made in the conſtitution, the more expeditiouſly this change is brought about, the greater the probability muſt exiſt of its effecting a cure. Since, during the time occupied by the endeavour to produce a gradual change, the chance of

of recovery may be entirely loſt, by the accumulated forces the diſeaſe may obtain. In the ſecond place, there is little or no chance of favourite habits being overcome in this gradual manner : the only mode of obtaining a victory, being by a reſolute and firm reſiſtance ; every little indulgence allowed, like ground yielded to an enemy, tending, in general, to leſſen the power of oppoſing his attacks. Dr. Cadogan, when pointing out the neceſſity of a ſimilar abſtinence, in gouty perſons, and the diſadvantages of attempting to do it by degrees, very juſtly obſerves, " But the danger of attempting it in this " manner is, that it will never be done ; and, like " a procraſtinating ſinner, he will for ever put off " his penitential reſolution 'till to-morrow. If he did " it all at once, I would be hanged if he died of the " attempt ; he would be uneaſy for three or four " days, that's all."

The argument for good living, which in this caſe is commonly adopted by patients, and their friends, is induced from the weak ſtate which accompanies the diſeaſe ; and from obſerving the reſtorative effects of highly nouriſhing food, in thoſe caſes of temporary defection of ſtrength, produced by long faſting, violent labour, or long continued exerciſe, of any kind ; thence they ſuppoſe, that no method is ſo likely to remove the patient's extreme languor; as the ſupplying him, freely, with thoſe things, which

which in health appear to be the ſource of ſtrength and vigour. As it cannot be expected, that the directions of phyſicians will be implicitly obeyed, when the opinion of the patient and his friends immediately militate againſt them; the pointing out the fallaciouſneſs of thoſe opinions becomes neceſſary. This failure of ſtrength, and waſting of the body, then, it muſt be underſtood, do not proceed from a deficiency of aliment, but are the neceſſary conſequences of a diſeaſed ſtate of the ſyſtem; and are only to be remedied by altering that peculiar ſtate: until this be done, no advantage will reſult from any extraordinary ſupply of food.

The neceſſity of thus regulating the patient's food, is rendered obvious, by the farther conſideration, that ſoon after every meal, the hectic fever, the conſtant attendant on this malady, is always, for a time, augmented; the increaſe being greater, when the food is highly nutritive and ſtimulant, but leſs, when it is light and mild.

The diet muſt, therefore, almoſt entirely, conſiſt of milk and vegetables; by blending which, an agreeable variety may be obtained. For breakfaſt, the patient may have milk, freſh from the cow; or, if it ſhould prove offenſive to the ſtomach in this ſtate, it may be deprived of its cream. With the milk, may be eaten biſcuits, or toaſted bread, either dry, or ſpread with honey, or the jelly or marmalade of fruits.

Dr.

Dr. Buchan ſays, "If it (the milk) ſhould, notwithſtanding, prove heavy on the ſtomach, a ſmall quantity of brandy, or rum, with a little ſugar, may be added, which will render it both more light and nouriſhing." The late Dr. Fothergill very juſtly obſerved, "There is one uſual addition made to milk, which, I think, ſhould be either wholly proſcribed, or the moſt expreſs directions given concerning it, I mean the common addition of brandy or rum to aſſes or cows milk."—Ardent ſpirits, he obſerves, occaſion the milk to diſagree, and augment the diſeaſe.

Boiled bread and milk, water-gruel, and milk-pottage, are very proper; and, if more agreeable, may be ſubſtituted for what has been already recommended. For dinner, a tolerable extenſive range may be afforded the patient, in the various fruits, and other vegetable productions of the ſeaſon. Apples dreſſed in different ways, turnips, aſparagus, lettuces, dandelion, potatoes, parſnips, rice boiled into a pudding, either alone, or with the addition of an egg and milk, and puddings of various kinds, form a bill of fare, within the bounds of which, no one, ſurely, will refuſe to confine himſelf, when it yields him almoſt the only chance of a reſtoration to health. For ſupper the patient may have ſalop, ſago, tapioca, panada, or any of thoſe articles which have been recommended as proper for breakfaſt.

The

The drinks through the day may be, butter-milk, ſweetwort, aſſes milk, goats milk, barley-water, pectoral drink, &c.

I mean not to aſſert, that animal food is, in every caſe, to be ſtrictly prohibited, or to deny that there may be caſes, in which its uſe may be adviſable. But theſe are ſituations which are only to be pointed out by a thorough knowledge of the diſeaſe, and of the general ſtate of the ſyſtem.

The kind of exerciſe, and the degree to which it is uſed, at the commencement of this malady, muſt depend on the manner in which the firſt attacks were made. Thus, if it has been preceded by ſpitting of blood, or by conſiderable inflammation of the lungs, the exerciſe employed muſt be of the gentleſt kind. But when the diſeaſe is produced by a long continued cough, or repeated catarrhs, exerciſe may be uſed to a greater extent. The neceſſity of this difference exiſts, however, only in the firſt ſtage of the diſeaſe; for after the diſeaſe is once formed, the ſame rules for exerciſe will be proper in almoſt every caſe.

A general maxim for the regulation of exerciſe in this diſeaſe is, that it be never employed to ſuch a degree, as that the heat of the body be much increaſed by it, or that it induce much fatigue.

As

As the chief intention of exercise, in this disease, is to obtain the application of pure and fresh air to the lungs, it is evident, that the kind of exercise, most likely to answer the intention, is that by which the patient is conveyed from one place to another, such as walking, riding, sailing, &c.

Walking, in consequence of its quickening the circulation of the blood, and so soon inducing fatigue, is the kind of exercise least likely to prove beneficial in these cases, and must be had recourse to with great caution.

Riding on horseback, is an exercise, in many respects, much preferable to walking; as the patient is, by this means sooner conveyed into a more pure and salubrious atmosphere, and is, at the same time, able, by regulating the pace of his horse, to adapt his exercise to his strength, and to his ability of bearing it. But the exercise of riding, as well as that of walking, requires some exertion on the part of the patient, and therefore is not admissible, except with the greatest caution, in those cases where there exists a suspicion of inflammation, or impending hemorrhage.

In those cases where the exposure to the open air is necessary, but where weakness, or any other circumstance, renders it necessary that this should be done with the least possible exertion, recourse must

be

be had to the conveyance of a carriage; which may be more or leſs open, according to the mildneſs or inclemency of the weather.

The mode of conveyance, which is to be preferred to all others, when no injury is likely to be induced by the violent exertions attendant on ſea-ſickneſs, is that of ſailing; ſince here the patient may enjoy the benefit of a ſucceſſion of freſh and ſalubrious air, whilſt the body is exerciſed in the moſt regular and equable manner; at the ſame time, the patient may farther exerciſe himſelf, to the degree that his ſtrength will admit, and his caſe require.

Where the benefit of ſailing, or of a carriage, cannot be obtained, and where the exerciſe of walking or riding on horſeback, is not admiſſible, ſwinging is a mode of exerciſe which may be employed with the greateſt ſafety and advantage.

It is not ſufficient that the patient breaths air that is freſh, and untainted with noxious vapours; it is alſo neceſſary, that the atmoſphere, to which he is expoſed, be temperately and uniformly warm. At the approach, therefore, of cold weather, the patient ſhould remove to a warmer climate; varying the ſituation, according as the viciſſitudes of the ſeaſons may render it neceſſary. The advantages to be derived from a change of climate, in theſe caſes, are ſo great, that, when joined with due reſtrictions

reſtrictions as to diet, it ſometimes accompliſhes a cure, in caſes where medicine alone would have been of no avail.

It has been remarked, that the inhabitants of this iſland are particularly liable to this diſeaſe; and this has been ſaid to be owing to the frequent and ſudden changes in the weather, and the almoſt conſtant predominance of moiſture in the atmoſphere. A removal to a more temperate climate, where the tranſitions of the weather are leſs conſiderable, and leſs ſudden, is therefore particularly neceſſary, for ſuch as have reaſon to apprehend even a diſpoſition to this diſeaſe.

Air, extremely pure, is not, however, in this diſeaſe, always proportionally ſalubrious; on the contrary, it has been found, that, in ſome caſes, advantage has been obtained from breathing an atmoſphere more impure than the common atmoſpheric air.

Experiments ſhew, that the atmoſpheric air contains two different airs; the one termed *vital* or *oxygen* air, which ſupports reſpiration and combuſtion; the other called *azotic* air, in which combuſtion ſoon ceaſes, and animals quickly die.

An animal being confined under a glaſs, with a certain quantity of atmoſpheric air, will ſoon die:

and the air remaining in the glaſs being examined, it will appear, that the *oxygen* is conſumed, and that the glaſs now contains *azotic* air, and *fixed*, or *carbonic acid air*. Experiments alſo prove, that this change has been thus effected—the blood, which arrives at the lungs of a dark colour, parts with the *carbon*, or charcoal, it contains, which, uniting with one part of the *oxygen*, forms the *carbonic acid* air. Another part of the *oxygen* unites with the *hydrogen* or *inflammable air*, which is ſeparated from the blood, and with it forms the humid vapour that iſſues from the mouth. The other part of the *oxygen* is imbibed by the blood in the lungs, which it renders of a bright red colour. Thus abſorbed, the *oxygen* becomes a general ſtimulus to the whole animal ſyſtem.

Poſſeſſed of this knowledge, ſeveral intelligent phyſicians have employed the two conſtituents of atmoſpheric air, in various proportions, in different diſeaſes. By this they have diſcovered, that by breathing an increaſed proportion of *oxygen*, the inſenſible perſpiration is increaſed, digeſtion is quickened, the animal heat and the muſcular powers are increaſed, and the reſpiration rendered eaſy; and that by breathing air in which *azotic* air prevails, febrile heat is moderated, and morbid action, eſpecially in the finer veſſels of the lungs, is reſtrained.

Oxygenated

Oxygenated air has been ſucceſsfully employed in putrid fever, aſthma, dyſpnœa, chloroſis, dyſpepſia, ulcers of the leg, ſcurvy, and other diſeaſes, by Drs. Beddoes, Thornton, Carmichael Smyth, Darwin, Ferriars, Pearſon, &c. *Azotic* air, and chiefly air termed the *hydrocarbonate*, has been ſucceſsfully applied, by the ſame gentlemen, in pleuriſy, croup, catarrh, ſpitting of blood, and even in conſumption.

Hence, then, it appears, that ſo far from a removal into the pure air of the country, being indicated in every caſe of conſumption; that caſes muſt often occur, (thoſe where inflammation prevails,) in which the air, even of a crowded city, may be preferable.

Pulmonary conſumption is a diſeaſe, to which thoſe who are afflicted with a ſcrophulous habit are particularly diſpoſed; and is, undoubtedly, very frequently the conſequence of ſuch a diſeaſed habit, where, however, there may not be any other very obvious mark of its exiſtence. The benefit ariſing from the ſea air, in ſcropulous caſes, is well known, and points out another reaſon for preferring ſailing to any other exerciſe, or mode of conveyance. Still, however, remembering, that if the patient be liable to very violent exertions from ſea-ſickneſs; and cannot, by proper accommodation, obtain an entire

entire exemption from the injurious effects of cold and rain, more injury than advantage may follow from a ſea-voyage.

In conſequence of the application of cold and moiſture to the ſkin, the innumerable veſſels diſpoſed on the ſurface of the body become conſtricted, and the blood is driven back on the internal parts; inevitably occaſioning additional injury to thoſe organs, which are already diſeaſed, and unable to bear an additional load. To prevent this from taking place, the utmoſt care muſt be taken in the choice of the patient's clothing, which ſhould be ſo contrived, as to defend the ſurface from the action of cold, and, at the ſame time, ſupport a free circulation through the extreme veſſels. Flannel worn next the ſkin, is of the utmoſt ſervice in theſe reſpects, ſince, by exciting a ſlight irritation on the ſkin, it occaſions an increaſed determination of blood and heat to the ſurface; by which the internal parts are, of courſe, relieved. Beſides this, it allows the accumulation of heat to take place more abundantly on the ſurface of the body, than would be the caſe, if linen, or any other ſubſtance of a cloſer texture, were worn. Nor is it liable, if rendered damp by perſpiration, to occaſion cold chills, when re-applied to the ſkin, after having been a little ſeparated from it; a circumſtance which cannot fail but take place, when linen clothing is worn next to the ſkin.

In

In thoſe caſes, where the irritation on the ſurface is not deſirable, and where the perſpiration is conſiderable, the fleecy hoſiery will be found to be more pleaſant and beneficial than the flannel.

The clothing muſt, in general, be light, but warm. The cheſt, in particular, ſhould be well defended from the cold, and the feet from the damp.

By a ſtrict attention to the above-mentioned directions, caſes, which otherwiſe might prove fatal, may frequently be brought to a favourable termination. To expect ſucceſs, however, it is neceſſary that theſe regulations be adopted in the early ſtages of the diſeaſe, and perſevered in with the ſtricteſt conformity, for a conſiderable time.

INFLAMMATION OF THE STOMACH.

In this diſtreſsful and dangerous malady, there is an acute burning pain in the region of the ſtomach, vomiting, and fever. Exceſſive thirſt and reſtleſſneſs alſo harraſs the patient. The pulſe is ſmall, hard, and quick, and the debility and languor exceeds that which accompanies almoſt any other caſe of inflammation. The breathing is performed with conſiderable pain, and the region of the ſtomach is extremely tender to the touch. If the diſeaſe is not ſubdued, hiccup, delirium, and convulſions, ſoon

ſoon come on, and with coldneſs of the extremities, and clammy ſweats, point out that death muſt inevitably ſucceed.

Inflammation of the ſtomach may be occaſioned by acrid, or hard and indigeſtible ſubſtances, taken into the ſtomach, and drinking extremely cold liquors whilſt the body is in a heated ſtate. It may be alſo produced by various internal cauſes, as well as thoſe general cauſes of inflammation before recited.

Among the moſt powerful cauſes of this diſeaſe, may be conſidered the ſuddenly paſſing from a cold atmoſphere into warm rooms. Of the evils which may be thus produced, I have indeed already ſpoken fully; but the leſſon cannot be too ſtrongly impreſſed, and the following opinion, from ſo reſpectable an authority, ought not to be here omitted. Dr. Crichton, ſpeaking of the evils ariſing from tranſitions from cold to heat, ſays, "It may be remarked, that almoſt all the caſes of inflammation of the lungs or ſtomach, to which the common people of London are ſubject, ariſe from ſimilar cauſes. Either they have been riding in carts, or on the tops of coaches, in very cold weather, and afterwards have come into a warm room, probably an alehouſe; or elſe they have been working for hours in drains, or in ſimilar cold ſituations. While they remain

remain in the cold, no ſymptoms of the diſorder occur. It almoſt always commences when they get home."*

The ſtomach may be affected with that ſpecies of inflammation termed phlegmonic, or with that which is of an eriſypelatous kind. The hiſtory which has been juſt given, deſcribes the progreſs of the former, which is an acute diſeaſe: the exiſtence of the latter, is generally made known by the appearance of the following ſymptoms. In the beginning, a moderate degree of pain, and a ſenſation of heat, is experienced at the pit of the ſtomach. A nauſea, and ſometimes retchings, are produced by the taking any ſubſtance into the ſtomach; an increaſe of the pain always being excited, in proportion to the degree of acrimony which the ſubſtance poſſeſſes. As the diſeaſe proceeds, the pain commonly increaſes; ſeldom, however, becoming exceedingly acute, but ſometimes teizing the patient for a conſiderable time. Thirſt, and a frequency of the pulſe, are in general alſo obſervable; but oftentimes the general ſtate of the ſyſtem will be very little affected. This kind of inflammation has been frequently known to extend into the throat, and even to reach to the internal ſurface of the mouth, and ſometimes it has occupied ſucceſſively the whole tract of the inteſtines.

The

* Inquiry into the Nature and Origin of Mental Derangement, vol. i. p. 29.

The benevolent family practitioner will neceſſarily perceive, that ſuch an affection of ſo important an organ as an acute inflammation of the ſtomach, is too replete with danger to allow him to attempt to conduct the patient through the whole courſe of this diſeaſe. A regular plan of cure is therefore not intended to be here delivered, but only ſuch obſervations as may be likely to prove of benefit, and which cannot occaſion any miſchievous error.

A violent pain in the region of the ſtomach, with ſickneſs and fever, ſhould be always very ſeriouſly attended to; and if regular medical advice cannot be directly obtained, the patient ſhould be copiouſly bled from the arm, the bowels emptied by means of a clyſter of water-gruel or weak broth, and a bliſter be applied immediately over the pained part. The patient ſhould be immerſed in a tepid bath, all his drinks ſhould be given lukewarm, and the taking any thing poſſeſſing the leaſt acrimony carefully avoided.

Should the diſeaſe be conſiderably mitigated by theſe means, yet the aid of the regular phyſician is abſolutely neceſſary, as it will ſtill require the utmoſt vigilance and care to prevent a relapſe. Great danger would follow, if the patient, miſled by a deceitful truce, ſhould, by omitting a due attention to thoſe things which may be beneficial or injurious

rious, occaſion a return of the diſeaſe ; ſince the patient, weakened by the previous diſeaſe, and the remedies by which it had been removed, is but little able to ſupport thoſe evacuations which again become neceſſary.

When the diſeaſe is, to all appearance, entirely removed, the greateſt care will be neceſſary for a conſiderable time afterwards, leſt a relapſe ſhould be induced. For this reaſon, thoſe circumſtances which were enumerated, when ſpeaking of the cauſes of this inflammation, muſt be ſtudiouſly avoided ; particularly the paſſing ſuddenly into a much warmer or much colder temperature. A flannel waiſtcoat worn next the ſkin may prove highly ſerviceable, by defending the convaleſcent from thoſe viciſſitudes of weather to which he muſt neceſſarily be expoſed.

In the other ſpecies of this diſeaſe, which is evidently more of a chronic kind, the length of its duration will always allow of application to the regular profeſſor of the healing art ; which, in this complaint, ought never to be precluded by the experiments of the ignorant. This diſeaſe is always accompanied by extremely troubleſome, and frequently by dangerous, ſymptoms ; and which, ſo far from decidedly pointing out the nature of the diſeaſe, are generally ſo ambiguous, that much ſkill

is required to detect it. Whenever, therefore, any one is attacked with complaints, similar to those laid down in the history of this disease, speedy application should be made for medical assistance.

During the process for the cure of this disease, and even for a considerable time afterwards, the same cautions are requisite, as were mentioned when speaking of the other species.

An affection of the stomach, in which considerable pain is experienced, from the confinement of air in this bowel, will not be easily distinguished, by a common observer, from inflammation. This is a distinction, which is, however, absolutely necessary to be made; since the mode of cure required in the two cases are widely different. Should the patient, or his attendants, be misled, and have recourse to spirituous and aromatic liquors, in inflammation of the stomach, supposing the disease to be occasioned by an accumulation of wind, a fatal termination of the disease will be most rapidly produced.

The nausea and urgings to vomit, may be sometimes the cause of a mistake, pregnant with the greatest danger; for upon a supposition that some offensive matter is contained in the stomach, an emetic is frequently given, which must necessarily be productive of a considerable increase of the inflammation.

INFLAMMATION

INFLAMMATION OF THE BOWELS.

An acute, fixed, burning pain, with a conſiderable degree of tenſion of the belly, obſtinate coſtiveneſs, hard and ſmall pulſe, with fever, are the ſymptoms which characteriſe this dreadful malady.

This diſeaſe commences, generally, with ſlight wandering pains in various parts of the belly; but which generally become fixed, about the region of the navel. Soon after this, the pain becomes exceſſively violent, as though cauſed by the application of ſome burning ſubſtance to the bowels; the belly becomes ſwelled, tenſe, and extremely tender to the touch; the tongue is parched, and of a dark brown colour, and the thirſt unquenchable: frequent and violent urgings to vomit come on; the urine is paſſed but ſeldom; and but ſeldom is any diſcharge of fæces obtained, in ſpite of the greateſt efforts. The pulſe is hard, but ſmall. The fever is, in general, acute; in ſome caſes, being obſervable before the coming on of the pain, and, in others, not until afterwards. If efficacious remedies are not had recourſe to, gangrene ſoon comes on. This is known to be the caſe, by a ſudden ceſſation of the pain; from which the patient, and his attendants, are ſometimes diſpoſed to derive flattering expectations; but the ſunk countenance, and fluttering pulſe, with convulſions, and coldneſs of the extremities, ſoon ſhew what fatal termination has taken place. This

This deſcription would, perhaps, be ſufficient to enable any one to diſcover the nature of this diſeaſe, at its firſt appearance ; but that it ſometimes exiſts, according to the greateſt authorities, without being marked by thoſe ſymptoms, which are, in general, its diſtinguiſhing *criteria*. Thus diſſections have ſhewn, that inflammation of the bowels has exiſted, and terminated in gangrene, where neither fever nor pain had been perceived, but in a ſlight degree.

Inflammation of the bowels may ſometimes, at its commencement, be not immediately diſtinguiſhed from that of the ſtomach, or liver ; but this is not of much importance, ſince the means of cure neceſſary to be adopted, at the firſt, in either of theſe caſes, would be beneficial in all.

The moſt dangerous error, with reſpect to the treatment of this diſeaſe, is when it is miſtaken for colicky pains ; to which family practitioners generally refer almoſt every painful affection of the belly. The remedies, which are almoſt always had recourſe to, on theſe occaſions, are aromatic, ſpirituous, and heating liquors, under the deluſive titles of colic elixirs, family cordials, &c. Theſe, it is evident, muſt neceſſarily accelerate the termination of this diſeaſe, in mortification.

This diſeaſe may be occaſioned by the ſame cauſes

ſes which were recited, when treating of inflammation of the ſtomach. It may alſo be the ſequel of other diſeaſes, as of herniæ, coſtiveneſs, dyſentery, worms, &c.

If the pain, before the diſeaſe has exiſted long, changes its ſituation, and becomes leſs violent; if the vomitings leſſen, and ſtools are procured; if the heat leſſens, and the pulſation of the artery at the wriſt ſeems to expand, it may be expected, that a reſolution is taking place. But if the pain increaſes, and keeps conſtantly in one point, and the belly becomes more tenſe and tender to the touch; if no ſtools are obtained, and the vomitings come on more frequently, and contain ſtercoraceous matter, it is too evident that the diſeaſe is increaſing; and ſhould ſudden ceſſation of the pain, hiccups, clammy ſweats, blackneſs of the tongue, fallen countenance, and coldneſs of the extremities, occur, theſe ſymptoms will evince that death is very near.

No apology can be neceſſary for declining to give a regular plan, for the treatment of this dreadful diſeaſe; ſince no directions, however explicit, could ſuffice to enable thoſe, who do not poſſeſs real medical knowledge, to make the neceſſary diſcriminations, in inveſtigating the nature of the malady, and in ſelecting proper remedies for its removal.

Every

Every painful affection of the belly, however ſlight, ſhould be immediately attended to. If the belly become ſwelled, hard, and painful to the touch; and the pulſe hard and contracted; blood ſhould be taken freely from the arm, and the patient put into the warm bath, about the ſame temperature as the ſkin; or, if this cannot be conveniently done, flannels wrung out of hot water ſhould be applied to the belly, until a bliſter can be procured; which ſhould be applied as ſoon as poſſible after the bleeding. Mild emollient clyſters, of barley-water, gruel, &c. may be given, until ſtools are obtained; and the patient be put to bed between the blankets, and ſupplied moderately with the moſt bland diluting liquors, ſuch as barley-water, gruel, rice-gruel, &c.

Dr. Buchan recommends, that "The clyſters may "be made of barley-water, or thin gruel, *with ſalt*." But Dr. Duplanil, the tranſlator of Domeſtic Medicine, remarks, "Plus les douleurs ſont violentes, "plus l'inflammation eſt conſiderable, & plus les "remedes doivent etre adouciſſants. Les lavements "avec le ſel ne doivent donc etre donnés, qu'avec "circonſpection."—The more violent are the pains, the more conſiderable is the inflammation, and the more appeaſing ought the remedies to be. The clyſters *with ſalt*, ought therefore not to be given, but with circumſpection.

During

During the time that is employed, in the uſe of the above-mentioned means, proper advice may be obtained; for which reaſon, and as the utmoſt caution is neceſſary, in determining what internal remedies may be ventured on, they are not here enumerated.

Dr. Buchan, whilſt treating of inflammation of the bowels, ſays, "It has ſometimes happened, after "all other means of procuring a ſtool have been "tried to no purpoſe, that this was brought about "by immerſing the patient's lower extremities in "cold water, or making him walk upon a wet "pavement, and daſhing his legs and thighs with "the cold water. This method, when others fail, "at leaſt merits a trial. It is indeed attended with "ſome danger; but a doubtful remedy is better "than none." In caſes of obſtinate coſtiveneſs, where there is no reaſon to ſuppoſe that any inflammation exiſts, this experiment may be tried: but in this diſeaſe, no circumſtance can warrant the adopting this practice; ſince there cannot be a doubt, that by this application of cold, the blood will be driven from the lower extremities, and be afterwards thrown, in an increaſed quantity, into the veſſels of the diſeaſed part, occaſioning, not only an increaſe of the inflammation, but, in all probability, a rapid termination of it in gangrene.

Similar

Similar cautions, with thoſe which were recommended, at the cloſe of the obſervations on the inflammation of the ſtomach, will be neceſſary to be attended to, to prevent a return of this diſeaſe.

INFLAMMATION OF THE LIVER.

It has been aſſerted, by very great authorities, that the inflammation of the liver, was a diſeaſe, very rarely to be met with; but diſſections ſhew, that this malady occurs more frequently than has been ſuppoſed, ſcirrhous hardneſs, ſuppuration, &c. being often diſcovered in the liver after death, when inflammation has not been ſuſpected.

Pain in the region of the liver, under the collar bone, and in the ſhoulder of the right ſide, with fever, ſhortneſs of breath, a dry cough, vomiting, hiccup, and a difficulty in laying on the left ſide, are the moſt conſpicuous ſymptoms produced by an inflammation of this organ.

In general, the diſeaſe commences with a rigour, or ſhivering, which is ſucceeded by febrile heat, loſs of ſtrength, thirſt, and general uneaſineſs. The pain is ſometimes dull, but at other times very acute. The pulſe is ſtronger and quicker than natural: the urine high coloured, and ſmall in quantity.

If

If this inflammation be properly treated, in the firſt days of the diſeaſe, a reſolution may, in general be obtained. But ſhould the diſeaſe not yield to the means which are at firſt employed, it is moſt likely that it will terminate in ſuppuration. When this takes place, the pulſe becomes ſofter, frequent ſhiverings pervade the whole ſyſtem, and the pain conſiderably abates, and is accompanied by a ſenſation which is deſcribed as reſembling that which would be produced by a weighty ſubſtance added to the part affected. The patient becoming hectic, loſes his ſtrength, and waſtes gradually, until colliquative ſweats and diarrhæa takes place, when his remaining ſtrength is ſoon exhauſted. The contents of the abſceſs ſometimes obtain a diſcharge, either through the biliary ducts, or through ſome of the adjoining parts, with which adheſions have been formed by the preceding inflammation. In ſome caſes, where the diſeaſe has proceeded with great rapidity, it has been diſcovered, that a gangrene had taken place. This termination is marked by a ceſſation from pain, proſtration of ſtrength, ſmall, and ſometimes intermitting pulſe, coldneſs of the extremities, and convulſions.

This diſeaſe may either poſſeſs the convex, or the concave part of the liver. From the variety this may occaſion in the ſymptoms, ſome difficulty may occur in aſcertaining the nature of the diſeaſe,

even to the moſt experienced. Nor is this the only ſource of error in this caſe; for there are other diſeaſes, which, being accompanied by thoſe ſymptoms, which are always obſervable in inflammation of the liver, are liable to be confounded with it; by thoſe who are not thoroughly verſed in the knowledge of diſeaſes. The diſeaſes here alluded to, are the pleuriſy, colic, and inflammation of the ſtomach and bowels.

Thoſe who poſſeſs a ſanguine temperament, and are of a middle age; who live freely, indulging in the uſe of ſpirituous liquors, and are frequently expoſed to the cold air, are particularly diſpoſed to this diſeaſe. Violent exerciſe, expoſure of the heated body to the cold air, ſolid concretions, or collections of liquid matter in the liver, and drinking largely of ſpirituous liquors, may be the exciting cauſes of this malady. The cure, as in other internal inflammations, muſt be attempted by the timely uſe of bleeding, a ſtrict ſpare diet, bliſters, fomentations, cathartic medicines, &c.

To deliver in a work of this kind a regular proceſs for the cure of this diſeaſe, would be to occupy the reader's time, without his being likely to derive any benefit from it; ſince, as has been before obſerved, the utmoſt ſkill is often requiſite to diſcover this diſeaſe, and diſtinguiſh it from thoſe which

which are accompanied with ſimilar ſymptoms. This difficulty has been acknowledged by ſome, whoſe knowledge in their profeſſion has been ſo eminent, that their precepts have been held in the higheſt degree of eſtimation by the reſt of the medical world. If ſuch men have found a more than ordinary exertion of their minds neceſſary, in the inveſtigation of this diſeaſe; ſurely the information within the reach of a domeſtic practitioner, can never be ſufficient to allow him to undertake the cure of ſo dangerous a malady.

Should the diſeaſe, indeed, appear to be unequivocally pointed out by the ſymptoms deſcribed in the foregoing hiſtory of the diſeaſe, and regular medical aſſiſtance be not directly obtainable, a large quantity of blood, that is to ſay, fourteen or ſixteen ounces, if the patient be an adult, ſhould be directly taken away; and a mild, but efficacious cathartic, be given. Flannels wrung out of warm formentations, may be applied to the region of the liver; after which a large bliſter may be applied on the pained part, and, the patient being put to bed, a ſweat may be excited by ſuch means, as will not cauſe any increaſe of heat in the ſyſtem. Warm watery drinks, as barley-water, &c. may be uſed for this purpoſe, taking care, that they are not ſwallowed in ſuch large quantities, as too much to diſtend the ſtomach; ſince that will almoſt always occaſion an increaſe of the pain. Thoſe

Thoſe who have once ſuffered from this diſeaſe, ſhould be very careful in not expoſing themſelves to cold, moiſt air, eſpecially when heated; their bowels ſhould be kept regular, and their diet ſhould be compoſed of ſubſtances eaſy of digeſtion, and void of acrimony. Pickles, all kinds of ſpiceries, and ſpirituous liquors, being carefully avoided.

Thoſe who are ſo miſerable, as to have devoted themſelves to the deſtructive habit of drinking to exceſs, are particularly liable to diſeaſes of the liver. Tubercles, ſcirrhous hardneſs, and chronic inflammations, are the changes which, in general, are produced in this organ by this pernicious practice. In conſequence of the ſmall degree of ſenſibility, with which the ſubſtance of this *viſcus* is endued, it frequently happens, that theſe alterations become very conſiderable, before either pain, inconvenience, or any ſymptoms ariſe, from which the patient can derive a ſuſpicion of his calamitous ſituation. Too often is a man, boaſting of the ſtrength and invulnerableneſs of his conſtitution, which he ſuppoſes repeated exceſſes have no way impaired; when ſuch changes have actually taken place, as prove the foundation of diſtreſsful and incurable diſeaſes. Several inſtances have occurred, where upon diſſection, large tubercles and abceſſes have been found in the liver, a ſuſpicion of the exiſtence of which had never been entertained during the lifetime of the patient. This

This alarming ſtatement of the evils reſulting from the drinking ſpirituous liquors, would not have been made, but with a faint hope of confirming the reſolution, of ſome one of my readers, who may chance to be wavering between the gratification of his perverted taſte, and a wiſh to free himſelf from a practice productive of ſo much evil. Unfortunately, it too frequently happens, that, on theſe occaſions, fear ſuggeſts, that the conſtitution may be already too much injured to allow any hope of returning health ; and inclination prompts the concluſion, that to oppoſe the appetite will be as uſeleſs as it will be mortifying. But I muſt here remark, with the hope of ſtrengthening the reſolution, in a conteſt where ſo much is at ſtake ; that, not only will the animal ſyſtem ſometimes bear theſe attacks for a conſiderable time, with ſo little ſerious injury, that on their being foreborne it will nearly admit of a reſtoration ; but that even when the conſtitution has been ſo harraſſed by exceſſes, that a morbid affection of the liver has taken place, the return to moderation, and the employment of well adapted medical means, will not unfrequently occaſion the renovation of health.

INFLAMMATION

INFLAMMATION OF THE KIDNEY.

Pain in the ſmall of the back, paſſing forwards toward the bottom of the belly, with fever, vomitings, and frequent voiding of the urine in ſmall quantities; ſometimes very pale, and at other times of a high red colour; are the ſymptoms which, in general, characteriſe the inflammation of the kidney.

When it is occaſioned by the paſſage of a calculous concretion, that circumſtance is ſuppoſed to be pointed out by a numbneſs of the thigh and leg, and a drawing up, or pain of the teſticle of the ſame ſide.

The termination of inflammation of the kidneys may be either in reſolution, ſuppuration, or gangrene. The firſt is known to have taken place, from the gradual ceſſation of all the ſymptoms. But when theſe have continued for ſome days, without remiſſion, the pain becoming throbbing and more acute, and frequent ſhiverings take place, it may be known that matter is forming; which is rendered more certain, by the pain afterwards abating, and the ſhiverings increaſing. The matter thus formed, is, in general, diſcharged with the urine. It too frequently happens, that after ſuppuration has taken place, a hectic ſucceeds, and the patient dies. But when the ſymptoms ſuffer no abatement

abatement, from the means which are uſed, but the vomitings increaſe, the pulſe becoming ſmaller and quicker, the breathing difficult, the extremities cold, and the ſtools are paſſed without the patient's knowledge; there is reaſon to ſuppoſe, that the diſeaſe will terminate fatally by gangrene.

Exceſſive exertions, external injuries, hard riding, violent ſtrains, expoſure to cold when the body is heated, and to a conſiderable degree of heat, when chilled, may be reckoned as exciting cauſes of this diſeaſe. But the moſt frequent cauſe of this malady is, doubtleſsly, calcalous matter impacted in the kidney itſelf, or in the *pelvis* of the kidney at the commencement of the *ureter*.

The nature of this diſeaſe, is not pointed out ſo clearly by its ſymptoms, as to be known by any but ſuch as have had frequent opportunities of noticing it. The cure, therefore, ought never to be attempted, by any but thoſe who poſſeſs a requiſite degree of ſkill.

But where profeſſional aid cannot be obtained at the firſt attack of the diſeaſe, and the nature of the diſeaſe is rendered evident, a copious diſcharge of blood may be obtained from the arm; and ſtools may be procured, by purgative medicines, and emollient clyſters. The external parts, immediately

over

over the pained part, may be fomented with hot and ſtimulating fomentations; and if it can be obtained, the patient may be immerſed in a warm bath, being immediately afterwards put into bed, between the blankets, and ſupplied freely with cooling and demulcent drinks, as barley-water, with the addition of gum Arabac; linſeed-tea, decoction of marſhmallows, apple-liquor, &c. with the hope of inducing copious perſpiration. A flannel, four folded, and wetted with ſpirits, to which an eighth part of ſpirits of hartſhorn is added, may be applied warm to the ſmall of the back, for the purpoſe of exciting heat, and a ſlight degree of inflammation on the external parts. Over this flannel, a bladder filled with hot water, may be applied with great benefit.

Dr. Buchan ſays, "If the bladders be filled with "a decoction of mallows and camomile flowers, to "which a little ſaffron is added, and mixed with "about a third part of new milk, it will be ſtill "more beneficial." But this opinion is undoubtedly erroneous, ſince none of the medical properties of theſe ingredients can have any effect, through the bladder. Every purpoſe will be therefore fully anſwered, by the bladder being filled, with hot water alone.

Opiates are ſerviceable, in ſome caſes, when given after the inflammation is ſomewhat abated, but

but much judgment is required, to determine when they may be employed with ſafety; ſince, if uſed at too early a period of the diſeaſe, the inflammation muſt neceſſarily be thereby increaſed. Of this, however, and of the other circumſtances, in the ſubſequent management of the patient, it is not neceſſary to ſpeak, ſince theſe will be directed by the phyſician.

But if medical aid ſhould have been too long deferred, or, from the ambiguity of the ſymptoms, the domeſtic practitioner ſhould have miſtaken the caſe, and, of conſequence, treated it improperly, a ſuppuration will moſt probably take place. Should this happen, and the matter be diſcharged with the urine, the greateſt care muſt be taken, by the patient, that his food conſiſt of the mildeſt and moſt mucilaginous ſubſtances; avoiding every thing which is heating, or which is ſalt and acrid: living chiefly on milk, puddings, broth, vegetables, fruits, butter-milk, &c. Moderate exerciſe ſhould be uſed, and that chiefly in the open air.

INFLAMMATION OF THE BLADDER.

The inflammation of the bladder is known by an acute pain at the bottom of the belly, which is much increaſed by preſſure, and is accompanied by almoſt conſtant urgings to void the urine and ſtools.

Of the former, there is ſometimes a total retention, at other times it comes away frequently, but in ſmall quantities at a time, and with much pain: the ſtools are, in general, obſtinately retained likewiſe, and when diſcharged, it is with pain. This diſeaſe is accompanied with fever, in proportion to the degree of violence in which it exiſts; but as it ſeldom occurs as a primary diſeaſe, a conſiderable variety muſt be expected in this, and the other accompanying ſymptoms.

The cauſes of this diſeaſe are, calculous concretions, ſuppreſſions of urine from obſtructions in the urethra, cantharides taken internally, or applied to the ſkin, wounds, bruiſes, &c.

Any admonition as to the admiſſion of domeſtic quackery in this diſeaſe, ſeems to be almoſt unneceſſary; as the alarm and the diſtreſs it excites is generally ſufficient, to produce an application to thoſe beſt qualified to adminiſter relief. It will be, however, proper to call the attention to the ill-conſequences that ariſe, from delaying, too long, the neceſſary oppoſition to the diſeaſe. It ſometimes happens, that, from the patient's having been unhappily too much accuſtomed to pain, or from his not attributing the diſtreſs he experiences to the true cauſe, he neglects the obtaining of aſſiſtance through the firſt ſtage of the diſeaſe. When this happens, there is much reaſon to fear, that the moſt

ſkilful

ſkilful ſurgeon, or phyſician, will be unable to prevent very diſagreeable conſequences. Should the inflammation poſſeſs that part which is termed the neck of the bladder, or ſhould the diſeaſe be chiefly ſeated in the *proſtrate gland* which ſurrounds this part, there will be great danger of the patient's loſing the power of retaining his urine.

If, therefore, no doubt remains, as to the nature of the diſeaſe, and regular medical aid cannot be ſoon obtained, blood may be taken away plentifully from the arm, ſtools procured by ſome active purgative, avoiding thoſe of the ſaline claſs, and clyſters, of the decoction of poppy-heads, may be injected every two or three hours. Fomentations, alſo, of the ſame decoction, may be kept conſtantly applied, over the bottom of the belly; and, if poſſible, the patient ſhould be immerſed in the tepid bath, and in other reſpects treated as has been juſt recommended, in the inflammation of the kidneys; excepting that, where an entire retention of urine exiſts, no more muſt be drank than is abſolutely neceſſary.

Should the diſeaſe terminate by ſuppuration, the conduct of the patient may, in that caſe alſo, be regulated, by the directions juſt given, in the ſuppoſed caſe of ſuppuration in the kidneys.

INFLAMMATION

INFLAMMATION OF THE SPLEEN.

This diſeaſe, which does not often occur, is to be diſcovered by fever, with tenſion, heat, ſwelling, and pain, of the left hypochondrinna, the pain increaſing upon preſſure. Inflammation of the ſpleen requires nothing peculiar in its mode of treatment, nor yields any circumſtance, from which I can deduce any particularly uſeful obſervation.

INFLAMMATION OF THE PERITONEUM.

Inflammation of the peritoneum may be ſuppoſed to exiſt, when there is fever, with a conſiderable degree of pain of the belly, which is increaſed during an erect poſture, and no ſymptom characteriſtic of inflammation of any particular bowel.

The treatment of this diſeaſe, and the management of the patient, ſhould be directed by the rules laid down, when treating of inflammation of the bowels.

Dr. Baillie, in his moſt valuable work, The Morbid Anatomy, &c. of the Human Body, has this important remark on this moſt ſerious diſeaſe: "When the inflammation is ſlight, I have known the pain to be very inconſiderable, and the pulſe to be little increaſed in its frequency, ſo that inflammation

mation of the *peritoneum* had not been ſuſpected." A diſeaſe thus inſidious muſt require all the circumſpection and knowledge that ſtudy can ſupply, even to detect it. To the domeſtic practitioner, nothing more ſurely need be ſaid, to deter him from an improper interference, in caſes marked by ſymptoms, ſuch as have been juſt deſcribed.

RHEUMATISM.

RHEUMATISM may be very properly divided into two ſpecies, the acute and the chronic. Each of theſe I ſhall ſpeak of ſeparately, beginning with the acute.

The acute rheumatiſm generally begins with a ſenſe of coldneſs pervading the whole body, frequently ariſing to ſuch a degree, as to occaſion ſhivering. This is ſucceeded by feveriſh heat, the pulſe becoming fuller and quicker, and the urine higher coloured, than in health. After theſe ſymptoms have exiſted a day or two, the patient feels ſharp wandering pains, in various parts of the body; ſometimes theſe pains accompany the other ſymptoms, from their firſt appearance, and ſometimes the pain precedes the febrile ſymptoms. The pain chiefly affects the joints of the ankles, wriſts, knees, and elbows, the patient being, in ſome caſes, tormented with excruciating pains in ſeveral of theſe places,

places, at the ſame time ; in others, this painful affection is produced, in one joint, as it leſſens in another ; and often diſtreſſes the unfortunate ſufferer with repeated attacks of the ſame joint. Redneſs and ſwelling of the part generally accompany the pain.

The pain, in general, is ſo conſiderable, as entirely to deprive the patient of reſt ; and the night, inſtead of bringing ſleep, is generally the time, when the pain and reſtleſsneſs are moſt exceſſive. Partial viſcid ſweats frequently come on, but without any accompanying relief. But ſometimes general and copious perſpiration occuring, with a diminution of the pain, affords great reaſon to hope for a ſpeedy and favourable termination of the diſeaſe.

The duration of this diſeaſe is very uncertain ; but, in general, unleſs very efficacious means are uſed, it will continue, with very little amendment, for two or three weeks, and ſometimes even longer.

This diſeaſe is much more frequent in cold, than in warm climates ; and in thoſe ſeaſons in which the weather is variable, than even when it is conſtantly cold : thus it is oftener met with in ſpring and autumn, than in winter.

Thoſe are moſt diſpoſed to acute rheumatiſm, who are of a middle age, and of a ſanguine temperament.

perament. Thoſe, alſo, who have once ſuffered from this complaint, are more liable to its attacks than others.

Thoſe circumſtances, which have already been ſpoken of, as rendering the ſyſtem apt to take on an inflammatory ſtate, will render the body more ſuſceptible of injury, from the changes in the ſtate of the atmoſphere, and thereby more liable to rheumatiſm.

This diſeaſe requires very great ſkill and attention in thoſe who attempt its cure ; for although it is evidently of an inflammatory nature, it is alſo very certain, that it is, in many reſpects, different from that kind of inflammation, of which we have hitherto treated ; and that it requires a very conſiderable difference in the mode of cure.

As in other inflammatory diſeaſes, ſo in this, bleeding is often a very powerful remedy : this ſhould be performed to ſuch an extent, as its effects may direct, and the ſtrength of the patient allow. In ſome caſes, the taking away of blood may be highly injurious ; and in other caſes, where it is even adviſable, much care muſt be taken, leſt the blood be taken away in too large a quantity. Beſides, it muſt be obſerved, that the diſcharge by which moſt relief is gained, in this diſeaſe, is that of perſpiration. This, if properly obtained, and the

the patient properly managed, ſeldom fails of removing the diſeaſe; eſpecially if it has not long exiſted. During the uſe of ſudorifics, the bowels ſhould be kept regularly open, and the violence of pain moderated by anodyne applications to the part.

As it is a point by no means eaſy to aſcertain how far the evacuation of blood may be allowed, ſo does it require nicety of judgment to determine how far evacuations, of any kind, may be permitted; ſince, it is well known, that there is a period in this diſeaſe, after which, evacuations, of any kind, not only weaken the patient, but lengthen the diſeaſe; and cordial medicines, a reſtorative diet, and even the uſe of the bark are indicated.

In the acute rheumatiſm, the regimen muſt be governed by the ſame indications which direct the phyſician in his choice of remedies.

In the chronic rheumatiſm, the pains are leſs acute, and ſeldom accompanied with fever; nor is any redneſs diſcoverable on the parts affected. The larger joints, and the muſcles, are moſt commonly the ſeat of this diſeaſe; ſuch as the hip and ſhoulder joints, delloid muſcle, &c. The integuments above the pained part are always cold to the touch, it being difficult to excite in them either warmth or perſpiration.

Sudden

Sudden ſtrains and exertions may be mentioned here, as a frequent cauſe of chronic rheumatiſm, in addition to what was ſaid of the cauſes, when treating of the acute kind.

The remedies which may be uſed in this diſeaſe, are either internal or external. The internal remedies are chiefly ſuch as act by determining the blood to the ſurface, and by producing an increaſe of perſpiration. Such are, the ſalts of hartſhorn, the volatile tincture of guiacum, &c. the effects of which may be accelerated by drinking freely of white wine whey, or muſtard whey, made by boiling the ſeeds of muſtard in milk. The external applications are chiefly ſuch ſtimulating applications as excite a redneſs in the ſkin over the part affected: theſe may be, camphorated ſpirits, oppodeldoc; or, if theſe prove not ſufficiently ſtimulating, if uſed alone, they may be mixed with the volatile ſpirits of hartſhorn, oil of amber, &c. Friction with a fleſh bruſh renders theſe remedies ſtill more effectual. Electricity has been ſucceſsfully uſed in many caſes. The wearing a plaiſter of Burgundy pitch over the part has alſo often proved ſerviceable.

To prevent the return of either ſtate of this diſeaſe, the patient ſhould defend himſelf by warm, but light clothing, from the inclemencies of the

weather. Over the parts which are moſt particularly the ſeat of the diſeaſe, ſhould be worn flannel, or rather clothing of fleecy hoſiery.

The paſſing ſuddenly out of one atmoſphere into another, differing much in temperature from the former, is very likely to occaſion this diſeaſe. Expoſure of the body to a ſtream of cold air, is alſo likely to prove very injurious, eſpecially if it be applied to one particular part only, and that the body is in a heated ſtate. Damp clothing ſhould be carefully avoided, as well as the expoſure to a moiſt atmoſphere, the ill effects of cold being much increaſed by the joint action of moiſture.

GOUT.

The paroxyſms of this tormenting diſeaſe are moſt commonly preceded, by a general uneaſineſs; the feet and legs are affected with numbneſs and coldneſs, and frequently alſo with a ſenſe of prickling; the veins on the ſurface are alſo ſaid to become unuſually turgid, and the muſcles of the legs to be affected with the cramp. But the circumſtances which have been obſerved, moſt particularly to precede the attacks of this diſeaſe, are the changes which, for ſome little time before, take place in the ſtomach; this organ generally ſuffers a conſiderable derangement of its functions; the appetite being

being much impaired, and the ſtomach and bowels diſtended with wind, the conſequence of digeſtion not being properly carried on; the appetite becoming, however more eager before the attack.

According to the obſervations of the attentive Sydenham, the paroxyſm generally begins about two o'clock in the morning. The patient, having gone to bed free from pain, is waked about that time with pain poſſeſſing commonly ſome part of the foot. Soon after this, comes on a coldneſs and ſhivering, which terminates in fever. The pain increaſing, ſometimes reſembles that which might be expected to be produced by the ſtretching and tearing of the ligaments, or the gnawing of a dog; at others, the parts ſeem to ſuffer the effects of a tight ſtricture, or conſiderable preſſure, being ſo feelingly alive, as not only, not to bear the weight of the bed-clothes, but not even the heavy tread of any one acroſs the room. In this miſerable ſtate the patient continues, toſſing about the bed, in vain trying the effect of variety of poſture to leſſen his ſufferings. At about the ſame hour of the following morning, the patient, in general, experiences a ſudden mitigation of the pain, which he commonly attributes to the laſt poſition in which the limb was placed. Soon after this, a moderate ſweat coming on, he falls aſleep, and, upon waking, finds that the pain is conſiderably diminiſhed; but that

the

the part which ſuffers is affected with a red ſhining ſwelling. The pain ſometimes continues two or three days, increaſing at night, and becoming more mild towards morning.

If, after the diſeaſe has thus completed its courſe in one foot, it diſappears entirely, the patient regains the uſe of the foot, and experiences a moſt grateful change—ſtrength and alacrity having taken the places of debility and languor. But it often happens, that after the violence of the firſt attack has ſubſided, a ſecond will be experienced in the other foot. In more inveterate caſes, both feet, ſometimes, are affected at the ſame time; and repeated paroxyſms ſometimes extend the ſufferings of the patient for ſix weeks or two months, or even longer.

After the firſt attack of this diſeaſe, the patient is, in general, free from it for two or three years; but the intervals becoming ſhorter between every paroxyſm, it often happens, that, at laſt, the diſeaſe ſeldom quits the patient, except for two or three months in the ſummer. As the ſtrength of the patient becomes leſſened, the paroxiſms are accompanied with leſs pain than before; ſickneſs and debility ſhewing, that the cauſe of this conſiſts, not in a diminution of the gouty diſpoſition, but of the powers of the ſyſtem. When the paroxyſms have recurred very often, the joints become ſtiff, and the limbs

limbs enfeebled, and, in many perſons, concretions, reſembling chalk, form over the joints, and unite with the circumſtances juſt mentioned, in depriving the patient of the uſe of the affected limbs.

The above hiſtory contains a deſcription of this diſeaſe, in its moſt common mode of appearance; or in that form which is characteriſed as regular gout. But it ſometimes happens, that inſtead of the diſeaſe proceeding in this regular manner, a variety of anomalous ſymptoms ariſe, unaccompanied by thoſe affections of the joints, which were wont to appear. This ſtate of the diſeaſe is termed the Irregular Gout. All the various ſymptoms which occur in this ſtate of the diſeaſe, cannot well be here particulariſed: thoſe which have been moſt frequently obſerved, will, therefore, only be noticed.

When the head is the ſeat of the diſeaſe, giddineſs, pain, loſs of memory, &c. are the ſymptoms which occur, and which generally terminate in ſome fatal affection of the brain. Palſy and apoplexy may indeed be, ſometimes, the conſequence of a ſudden tranſlation of the diſeaſe to the brain; and may therefore happen, without the occurrence of any previous headach, or any other ſymptom, from which the fatal termination might be ſuſpected.

The lungs, as well as the heart, are alſo ſubject to theſe anomalous attacks; occaſioning ſhortneſs of

of breathing, aſthma, palpitations of the heart, faintings, and ſudden death.

When the ſtomach and bowels are affected by this diſeaſe, a variety of troubleſome ſymptoms ariſe; ſuch as loſs of appetite, ſickneſs, flatulency, pains in the ſtomach or bowels, acid erucations, &c. Frequently at the ſame time, the unfortunate ſufferer experiences the moſt diſtreſſing dejection of ſpirits, his mind being poſſeſſed with groundleſs apprehenſions and alarms.

Men are more ſubject to this diſeaſe than females; and thoſe men are more eſpecially liable to it, who are of a full and corpulent habit. A diſpoſition to it ſeems ſometimes to be acquired, and at other times loſt, by a difference in the mode of living. It ſeldom attacks thoſe who live on a ſpare diet, and who avoid wine and ſpirituous liquors; thoſe, alſo, who uſe much exerciſe, are moſtly exempt from it.

Many ſuppoſe, that the attendance of a medical man, is, in this diſeaſe, entirely unneceſſary; and that this muſt certainly be one of thoſe caſes, which may with propriety be committed to the care of the domeſtic practitioner, whoſe knowledge reſpecting this diſeaſe is not likely, they ſuppoſe, to be much exceeded by that of phyſicians themſelves.

Phyſicians,

Phyſicians, indeed, do not pretend, either to an accurate knowledge of the nature of this malady, or to the poſſeſſion of a ſpecific, with which they are capable of removing it, with ſafety. But, in conſequence of their knowledge of the laws by which the animal œconomy is regulated, and by repeatedly obſerving the progreſs of this diſeaſe, and the changes produced in it, by the various habits and conſtitutions in which it occurs, as well as the conſequences reſulting from the various means, by which its cure has been attempted; they are often enabled both to palliate the preſent ſufferings of a patient, and to give him ſuch directions for his management, as may not only leſſen the frequency, and the duration of future paroxyſms; but may even, ſometimes, entirely prevent their recurrence; and, at the ſame time, ſecure the patient from experiencing any ill effects by the change thus induced.

Theſe directions muſt ever be varied according to the difference of temperaments; the morbid ſtate of the conſtitution, which requires to be amended; and thoſe errors in the mode of living, which may have been the exciting cauſe of the diſeaſe. Inſtructions for the conduct of patients, in every particular caſe of this malady, would of themſelves make a volume; it is not intended, therefore, to attempt more than to offer ſome general obſervations,

vations, by an attention to which, the ravages of this painful diſorder may be ſometimes leſſened.

The treatment of the patient, during the paroxyſm, ſhould be directed by the medical attendant; who will be beſt able to judge and determine, according to the variety of circumſtances, on the more proper plan. It may not, however, be amiſs, to remark here, that the progreſs of the fit ſhould be interrupted as little as poſſible; but ſhould the pain become exceſſively violent, recourſe may be had to proper anodynes, the body being at the ſame time kept gently open, by ſome mild laxative.

The regimen, during the paroxyſm, ſhould be of ſuch a kind, as will ſupport the ſtrength, without increaſing the heat: broths, puddings, jellies, light meats, &c. are therefore proper. But ſpirits or wines muſt be carefully avoided, as well as ſalt meats, and all highly ſeaſoned food.

When the fit is entirely gone off, the patient ſhould conſider himſelf as entirely free from the diſeaſe, and ſhould earneſtly ſet about preventing its return. This may be done, I am ſatisfied, by medicine alone; but, unleſs a due attention is paid to the exerciſe and regimen, another diſeaſe, and generally a more fatal one, will be induced. But if due attention be paid to the following admonitions, there is the greateſt reaſon to believe, that the paroxyſms

roxyſms may be rendered leſs violent, and leſs frequent; and that ſometimes their return may be even entirely prevented, and that without occaſioning any other diſeaſe. It is alone by a ſtrict conformity to regimen, that this diſeaſe can be ſafely checked. To obſtruct the courſe of the diſeaſe, and prevent the return of the paroxyſms by medicine, whilſt exceſſes and irregularities are permitted, is to create a diſeaſed ſtate of the ſyſtem, and at the ſame time to hinder nature from inſtituting that proceſs, by which that diſeaſed ſtate may be altered. But by carefully avoiding thoſe injurious indulgencies, the diſpoſition to the diſeaſe is itſelf removed, and its renewal prevented.

The victims of this malady are generally thoſe who have indulged their appetites with eating highly ſeaſoned animal food, and drinking freely of fermented and ſpirituous liquors, particularly of wine; thoſe who lead a ſedantary life, who are diſtreſſed with anxious thoughts, or whoſe minds are conſiderably engaged in ſtudy.

The food of thoſe who are ſubject to this diſeaſe ſhould be plain and light. At breakfaſt they may take milk, raw or boiled; and at dinner, puddings, vegetables, and animal food in moderate quantities. Their ſuppers ſhould be ſmall in quantity, and compoſed of ſuch ſubſtances as are neither

heating nor difficult of digeſtion. Pickles ſhould be entirely refrained from, and acids of every kind ſhould be uſed with great moderation. Spirituous liquors muſt never be drank, except in the ſmalleſt quantities, and conſiderably diluted. Wines, particularly thoſe of foreign production, and even malt liquors, muſt be avoided with equal care.

Regular exerciſe is of the utmoſt ſervice, in moderating the violence of this diſeaſe. Such exerciſe ſhould be preferred, as being joined with amuſement, ſerves at the ſame time to exhilarate the ſpirits; ſuch are rural ſports, as hunting, ſhooting, &c. or any mechanical employment, the execution of which requires ſome little attention of the mind.

Regularity in the hours of retiring to reſt, and in riſing, muſt be ſtrictly adhered to. Late hours being exceedingly prejudicial, muſt be carefully avoided; as well as too long continuance in bed, which, by the debility it induces, is in the higheſt degree injurious.

It is a common obſervation, that the affluent are, in general, the ſubjects of this malady; it ſeldom happening, that thoſe of the inferior claſs of people are troubled with it, except they have received it as their reward for copying the follies and vices of their ſuperiors in fortune.

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It is however, by no means recommended, raſhly to enter on any conſiderable change of former habits, eſpecially if a great degree of debility has been brought on by former exceſſes, or by diſeaſes. Indeed no ſuch changes ought to be attempted, without due advice, after a full conſideration of every attendant circumſtance. But ſhould it be deemed prudent thus to attempt the cure, the patient ſhould well conſider the advantages likely to be gained by his ſelf denial, and firmly reſolve to give the plan a fair trial.

The neceſſity of a ſtrict attention to regimen, in thoſe who are ſubject to this diſeaſe, is ſo well and ſo forcibly inculcated by Dr. Cadogan, that I cannot reſiſt the impulſe of recommending the peruſal of his treatiſe, to every one afflicted with this diſeaſe.

Nor can I here refrain from noticing the obſervations contained in a treatiſe on the Gout and gravel, by Mr. Murray Forbes; who has moſt ingeniouſly ſhewn, by reaſonings upon eſtabliſhed chemical facts, and by fair chemical deductions, that the gout is a diſeaſe proceeding from a redundancy of acid in the ſyſtem.—"That acids," he ſays, "are greatly inſtrumental towards the production of gout, is an opinion which was founded upon obſervation, and has long been maintained. This diſeaſe, as well as gravel, has, in many caſes, been

been attributed to an exceſſive uſe of acids. It has likewiſe been regarded as intimately connected with that ſtate of the ſtomach, in which there is almoſt a perpetual generation of acid. At the ſame time, however, a variety of circumſtances of a different kind have been enumerated as ſources of it. If we examine with attention the condition of many in whom gout makes its appearance, we ſhall generally find, that thoſe other circumſtances have generally been productive of it, when they have had the previous effect of impairing the digeſtive faculties, and cauſing a conſequent tendency to the generation of acid. Of this nature are inſobriety, luxury, indolence, and voluptuouſneſs. The diſeaſe frequently attends upon a habit of drinking, on account of the acids conveyed into the body by means of it. The tendency of different liquors to produce it, is not ſo much in proportion to their ſtrength, as to the quantity of acid in their compoſition. This aſſertion is warranted by the experience of ages; the liquor in which acid predominates having been invariably conſidered, by the beſt authorities, as peculiarly prediſpoſing to gout. Shallow of obſervation muſt be the man, who, accuſtomed to endure the pains of gout, has not become acquainted with the injury of acids. By immoderate indulgence in intoxicating compounds of any kind, by a life of luxury, by a ſtate of indolence, and by an inordinate purſuit of pleaſures, the

the powers requiſite for the proceſs of digeſtion are at laſt brought into diſorder, and the contents of the ſtomach permitted to run into common fermentation. Theſe, and other circumſtances, which tend to vitiate the action of the ſtomach, and conduce, by reaſon of derangement, to the formation of acid, may be looked upon as remote cauſes of gout and of gravel."

Dr. Wollaſton, in the Philoſophical Tranſactions for the year 1792, has diſcovered, by a ſeries of ingenious experiments, that the gouty matter contains the peculiar (lithic) acid which Mr. Forbes, in the foregoing paſſage, ſuppoſed to be generated in the ſyſtem, and joined to the mineral alkali.

SMALL POX.

The ſmall pox appears under two very different forms, which are termed the diſtinct and the confluent. The mode of treatment of theſe being required to be as different as are their modes of appearance, they will be each treated of ſeparately.

The diſtinct ſmall pox is preceded, for a few days, by a ſenſe of languor and wearineſs; and immediately before the coming on of the febrile ſtate, frequent cold ſhiverings and tranſient glows of heat are perceived by the patient. The fever, which ſucceeds

ſucceeds to this ſtate, is accompanied by violent pain of the head and loins, and frequently with a ſevere oppreſſive pain at the pit of the ſtomach. Theſe ſymptoms are much increaſed on the ſecond evening of the attack, when the patient generally becomes exceedingly reſtleſs, and even delirious, through ſome part of the night; the ſkin burning with an uncommon degree of heat.

On the following day, the third day of the fever, the eruption is thrown out; the ſkin becoming leſs hot, and being moiſtened with a general perſpiration.

The eruption which takes place on the face and limbs, generally precedes the eruption on the trunk, a few hours.

The eruptions, at their firſt appearance, are ſmall red points, which, upon being cloſely examined, and felt by the fingers, will be found to form little eminences in the ſkin, which are, from their firſt appearance, ſeparate and diſtinct from each other.

The puſtules gradually aſſume a conical form, and on the fifth or ſixth day begin to turn white on their tops; and by the eleventh day become entirely white, at which time the puſtules acquire their greateſt magnitude. Their baſes are red and inflamed during the whole courſe of the eruption; but when the puſtules are entirely filled, they aſſume

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a browniſh hue, their baſes becoming, at the ſame time, paler. The puſtules now ſhrivel, and are ſucceeded by dark coloured cruſts. Theſe in a few days fall off, leaving redneſs of the ſkin, and ſometimes a ſmall pit in thoſe parts which they poſſeſſed.

A tenſion of the ſkin, ſwelling of the face, and ſome difficulty in ſwallowing, generally accompany, even the mildeſt ſort of this diſorder, and ſometimes occaſion conſiderable inconvenience, where the eruption is numerous; theſe ſymptoms being generally proportioned to the number of the puſtules. The fever, where the eruption is trifling, generally ceaſes when that is completed; but where the eruption is conſiderable, it continues during the proceſs of ſuppuration.

The confluent ſmall pox is preceded by a much greater degree of fever; the frequency and ſmallneſs of the pulſe ſhewing, that the fever is of the low kind. The eruption appears alſo more early, is much ſmaller, and in greater numbers, the whole face often having the appearance of being poſſeſſed by eriſypelatous inflammation. The ſpots aſſume a crimſon colour: they do not riſe like the diſtinct kind, but, remaining flat, and running into one another, they very much reſemble the meaſles, during the firſt days of the eruption. As the eruption proceeds, little veſicles form on the top of the pimples.

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A ſwelling of the face and neck takes place at the commencement of the eruption, and becomes very conſiderable; but ſubſides about the tenth or eleventh day. In the diſtinct kind, the inſide of the mouth and throat ſometimes become ſwelled, in a ſlight degree; but in the confluent kind, this affection is generally very conſiderable, and is accompanied, in children, with a diarrhæ; and in adults, with a copious diſcharge of ſaliva. This is frequently ſo acrid, as to excoriate the mouth and throat; and, as the diſeaſe advances, becomes ſo viſcid, as to be diſcharged with the utmoſt difficulty. The puſtules, inſtead of being diſtended with whitiſh matter, as in the diſtinct kind, ſeldom riſe to any height above the ſkin; and contain only a ſerious fluid, which in the more malignant caſes, is commonly of a purple colour. This colour is occaſioned by a mixture with the diſſolved blood, which, in theſe caſes, eſcapes at every outlet: from this cauſe alſo ariſe diſcharges of blood, by ſtool and urine. In this malignant ſtate of the diſeaſe, by the ſame cauſe are produced purple ſpots, reſembling flea bites, and bladders of dark coloured or limpid ſerum. Theſe are the appearances diſtinguiſhed by nurſes by the names of purple and white hives. When this ſpecies of the diſeaſe terminates favourably, the puſtules, filling firſt on the face, and ſoon after on the reſt of the body, begin to dry about the ſixteenth day; the contained fluid then exuding

exuding, and forming a dark coloured cruſt, which remains for ſeveral days. Ulceration generally takes place between them, whence frequently reſults conſiderable loſs of ſubſtance, and diſagreeable cicatrices.

The ſecondary fever, as it is called, which frequently comes on in this confluent kind, makes its appearance, in general, about the period of maturation; and is commonly accompanied by ſymptoms of a dangerous nature.

In thoſe caſes where the diſeaſe terminates fatally, the fever increaſes, the whole ſurface of the body becomes of a pallid hue, the puſtules are flaccid, and the ſwelling of the head ſubſides, without that of the extremities ſucceeding. The patient is harraſſed with exceſſive anxiety and reſtleſsneſs, which is ſoon ſucceeded by a delirious or a comatoſe ſtate; reſpiration, at the ſame time, being performed with the greateſt difficulty. Suffocation, or violent convulſions, at laſt puts an end to the life and ſufferings of the patient.

The TREATMENT. In the diſtinct kind, where the eruptions are very few, aud no particular ſymptoms appear, little more is required, than to regulate the diet of the patient, and to allow him to receive the benefit of free expoſure to pure and cool air. The diet ſhould conſiſt of vegetable ſubſtan-

ces, as ſago, panada, rice gruel, &c. milk, milk pottage, rice milk; and, when the eruption is completed, and ſuppuration is taking place, a little broth and light puddings may be allowed. The drinks may be barley-water, toaſt and water, and bread tea, rendered grateful to the taſte, by the addition of currant jelly, or the juice of lemons or oranges. Wines and ſpirituous liquors, however diluted, muſt be very carefully avoided; as well as all kinds of heating cardiac medicines, which are too frequently adminiſtered by family doctreſſes, with the intention, as they expreſs themſelves, of throwing out the diſorder.

The treatment of the confluent kind requires much judgment in the phyſician, and even in the attendants. It will be unneceſſary to treat, in a work of this kind, of the variety of medicines which will be indicated by the various ſymptoms of this dreadful diſeaſe. Since no one, who does not poſſeſs real medical knowledge, ought to be encouraged in attempting the management of a malady ſo full of danger.

The exertions, indeed, of the moſt intelligent phyſician, will be of little or no avail, unleſs the attendants are obedient and attentive to his orders. In no diſeaſe whatever, has ignorance and prejudice ſuch ſway, as in that which is the ſubject of the

the preſent ſection. In the firſt ſtage of this diſeaſe, it often happens, that the patient is put to bed, under a load of bed-clothes, in a room heated with a large fire, the freſh and pure air being, as much as poſſible, excluded : and, leſt this ſhould not prove ſufficiently efficacious, the febrile ſtate of the patient is further increaſed, by the heating cordials with which he is conſtantly ſupplied. Directed by ſimilar ridiculous prejudices, the patient is not allowed a change, either of his body linen or bed clothes ; but is obliged to wear, to the end of the diſeaſe, the ſame linen, which ſoon becomes uncomfortable, and even offenſive, from the quantity of putrid matter it has abſorbed. Another injurious practice, among practitioners of this deſcription, is that of allowing their unfortunate patients to remain ſeveral days, without any diſcharge from the bowels ; many good women entertaining an idea, that the pock would fill better, if the patient could be prevented from having a ſtool, even until the maturation was complete, or, in their language, until the pock was turned.

It is much to be regretted, that thoſe who are under the neceſſity of employing nurſes, do not conſider that care, and exact ſubmiſſion to directions, are requiſites more eſſential in theſe female attendants, than the moſt intimate knowledge of the various recipes of family quackery. Poſſeſſing this

this kind of information, ſelf-ſufficiency and confidence take ſuch ſtrong poſſeſſion of them, that, unleſs they are ſuperintended by ſome anxious and vigilant friend of the patient, their own deſultory and deſtructive meaſures are ſubſtituted, for thoſe which have been dictated by reaſon and experience.

Repeated obſervations have ſhewn, that by augmenting the febrile ſtate, either by the application of external heat, or by the adminiſtration of internal heating medicines and drinks, the number of the puſtules may always be increaſed. Appriſed of this circumſtance, the celebrated inoculator Sutton, uſed to promiſe his patient a crop of puſtules, numerous, or otherwiſe, according to their wiſhes; well knowing, that, even in good habits, a trifling deviation from the cooling plan he always purſued, was almoſt ſure to be followed by an increaſe in the number of puſtules. How injurious, then, muſt be that abſurd practice of increaſing the heat of the patient, by every means which folly can ſuggeſt, when univerſal experience evinces, that the violence of the diſeaſe keeps pace, with the extent to which this pernicious mode is adopted.

The advantages ariſing from cleanlineſs of the perſon of the patient, and every thing around him; as well as from frequent ventilation of the bedchamber, muſt be ſo obvious in every diſeaſe, diſtinguiſhed by ſymptoms pointing out a putreſcent tendency

tendency in the fluids, that to enlarge on them is unneceſſary ; eſpecially as this ſubject has been already diſcuſſed, when treating of putrid fever.

Convulſive fits frequently occur about the time of the eruption. The good women who pride themſelves on their medical ſkill, always predict a favourable termination from the appearance of this ſymptom ; and too frequently accompany their prognoſtic with adviſing the friends of the patient, to rely on domeſtic aid only, for the cure of a diſeaſe, from which they expect no danger. But unfortunately the prognoſtic is often erroneous, and, conſequently, the advice improper : for this ſymptom being common to both kinds of the diſeaſe, is ſometimes ſucceeded by that ſtate of the diſeaſe which calls for the utmoſt care and ſkill ; but inſtead of this being obtained, the life of the unfortunate patient is perhaps entruſted to ſome opinionated and ignorant nurſe.

An inconteſtible proof of the impropriety of permitting the management of feveriſh complaints to be entruſted to family practitioners, is derived from conſidering, that the utmoſt miſchief may be produced by injurious interference, at the firſt appearance of this, or of any of the eruptive fevers. Nature being diſturbed in her proceſs, the eruption is often either driven out with ſuch violence ; or is ſo improperly retarded, as to occaſion the patient's death. There

There is one circumſtance, which, as it may aſſiſt in carrying on the above deluſion, deſerves to be pointed out. The eruption, even when of a very bad kind, will often, on the firſt days, appear ſufficiently large and detached, as not to excite alarm, in any but thoſe who poſſeſs real ſkill and diſcernment. In conſequence of which, proper aſſiſtance is frequently not called for, until the life of the patient is irretrievably forfeited.

When the eruption makes its appearance in cluſters of a dark red colour, danger is to be apprehended. This is more certainly the caſe, when, as the diſeaſe proceeds, the puſtules remain flat, or even dented, inſtead of becoming full and round, and the ſkin between the puſtules appears pale and flaccid. But when purple ſpots, like flea bites, appear between the puſtules; or when the puſtules themſelves are raiſed like a bliſter, and contain a pale or browniſh coloured fluid, the danger is then in the higheſt degree imminent; eſpecially if accompanied by bloody urine or ſtools. Shiverings happening after maturation is performed, and ſubſidence of the ſwelling of the head, without a tumefaction of the hands and feet ſucceeding, are alſo ſigns of an alarming nature.

The eyes are liable to ſuffer conſiderable injury, during the progreſs of this diſeaſe; it ſometimes happening, that total blindneſs is diſcovered to be

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the unhappy lot of the patient, when the eye-lids open, on the ſubſiding of the ſwelling of the face.

The eyes ſoon manifeſt, in this diſeaſe, much impatience of the light ; but the ſwelling of the eye-lids, which takes place, as the diſeaſe proceeds, generally cloſes the eye-lids ; and, by excluding the light from the eyes, renders the patient, in this reſpect, much more comfortable than before. In children, the relief thus afforded hardly ever eſcapes obſervation ; and the parents and attendants become, therefore, leſs ſolicitous to prevent the adheſion of their eye-lids from taking place. From this omiſſion, I very much ſuſpect, theſe injuries to the eyes frequently proceed. The irritation of that membrane which lines the internal part of the eye-lids produces a copious ſecretion, reſembling *matter*, which ſoon ſo cloſely agglutinates the edges of the eye-lids, that very little of this diſcharge is allowed to eſcape. This morbid ſecretion is, therefore, not only kept conſtantly ſuffuſed over the eyes, but, being thus detained, is applied to the external membranes of the eye, with ſome degree of preſſure, by which its injurious effects muſt neceſſarily be augmented.

In theſe caſes, the mode of proceeding is tolerably clear, though but ſeldom adopted. The hardened cruſt which unites the edges of the eye-lids, muſt be ſoftened, by laying on it ſtrips of lint, or

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of fine folded linen, wetted with warm water; when ſo much ſoftened, as to be able to be removed with eaſe, this ſhould be done; and its future accumulation muſt be prevented, by frequently waſhing away the matter, as it exudes, with a piece of wet ſponge, or lint. By this treatment, the matter will be allowed to eſcape, as faſt as it is ſecreted; an opportunity may be obtained of aſcertaining the real ſtate of the eyes; and of employing ſuch lotions, as may be thought neceſſary.

When the ſmall pox has entirely completed its courſe, yet is the convaleſcent, where the diſeaſe has exiſted to a conſiderable degree, far from being entirely exempt from danger: for frequently the habit of body becomes ſo changed, and the conſtitution is, at the ſame time, ſo impaired; that, to obtain his perfect recovery, much nicety of management becomes neceſſary. It alſo requires great ſkill and diſcernment, to aſcertain the nature of the diſeaſed ſtate which is induced, and the mode of treatment by which it may be removed.

Dr. Buchan obſerves, "As the ſecondary fever "is, in a great meaſure, if not wholly, owing to the "abſorption of the matter, it would ſeem highly "conſonant to reaſon, that the puſtules, as ſoon as "they come to maturity, ſhould be opened. This "is every day practiſed in other phlegmons which "tend to ſuppuration; and there ſeems to be no cauſe

"cauſe why it ſhould be leſs proper here. On the "contrary, we have reaſon to believe, that the ſe-"condary fever might always be leſſened, and of-"ten wholly prevented." The Doctor farther obſerves, that "Opening the puſtules not only pre-"vents the reſorption of matter into the blood, but "likewiſe takes off the tenſion of the ſkin, and by "that means greatly relieves the patient. It like-"wiſe tends to prevent the pitting, which is a mat-"ter of no ſmall importance. Acrid matter, by "lodging long in the puſtules, cannot fail to cor-"rode the tender ſkin; by which many a handſome "face becomes ſo deformed, as hardly to bear a re-"ſemblance to the human figure."

Although the Doctor obſerves, that, "it is only "neceſſary when the patient has a great load of "ſmall pox, or when the matter which they contain "is of ſo thin and acrid a nature, that there is rea-"ſon to apprehend bad conſequences from its being "too quickly reſorbed;" yet, in conſequence of his aſſerting, that "*this operation can never do harm*," there is great reaſon to fear, that the hope of preventing deformity, may occaſion its too frequent adoption by domeſtic practitioners. To prevent this, I have introduced the opinion of a gentleman, whoſe extenſive and ſucceſsful practice muſt of neceſſity give weight to his judgement, and render his obſervations truly valuable. He ſays—"Allow

"me to remark on the practice of thoſe, who re-
"commend the puſtules on the face to be opened,
"when at the height, that the contained matter
"being thereby evacuated, the face may not retain
"any diſagreeable marks. In a favourable diſtinct
"pock, this caution ſeems ſuperfluous, there being
"little danger of its leaving any deep impreſſion ;
"and in the confluent malignant kind, when I have
"ſeen it practiſed, it has always given ſuch intoler-
"able ſmart, as muſt wound any perſon not de-
"prived of humanity itſelf."*

Parents frequently deceive themſelves, with a confidence that their children are exempt from danger of infection, becauſe they have been in the ſame room, or even in the ſame bed, with thoſe who have had the ſmall pox upon them. But leſt too great a reliance ſhould be placed on this circumſtance, and ſhould prevent the adoption of neceſſary meaſures, it ſhould be generally known, that children, in early infancy, are not ſo liable to receive this diſeaſe, as is commonly imagined ; and that a child, who has been expoſed to the influence of this diſeaſe, without receiving it, or who has even been inoculated without effect, may in a little time become highly ſuſceptible of infection.

Purging

* Obſervations on Epidemical Diſeaſes, &c. by James Sims, M. D.

Purging is, in general, neceſſary after the ſmall pox; but when the patient has ſuffered under the confluent kind, great care muſt be taken, that the doſes are not ſo conſiderable, nor the intervals between them ſo ſhort, that exceſſive debility be thereby produced.

INOCULATION.

Inoculation is generally performed by the application of a ſmall quantity of matter, from a ſmall-pox puſtule, to a ſlight wound in the ſkin.

The advantages derived from this practice are ſo conſiderable, as to render it deſerving of being conſidered as one of the moſt important improvements in medicine. By inoculation, the ſhocking ravages of this moſt diſguſting and alarming diſeaſe is prevented; and this, with ſo much certainty, that it is almoſt in the power of man to chooſe, whether the diſeaſe ſhall appear in its uſual diſguſting and terrific form; or whether it ſhall be produced in ſuch a degree, as need not to excite the leaſt ſhock or alarm.

This beneficial practice is now become ſo frequent, and the advantages derived from it are ſo well known, that the greateſt number of the objections, which have been raiſed againſt it, have loſt

loſt their power; at leaſt on the minds of thoſe who give themſelves the trouble to obtain any information on this ſubject.

The poſſibility of the diſeaſe being again produced, in one who has already had the diſeaſe by inoculation, is not now ſuſpected by any, except by thoſe who obſtinately reject the moſt poſitive evidence, and even the dictates of common ſenſe.

The chief circumſtance which prevents the practice of inoculation from becoming univerſal, is the ſuſpicion, that as one diſeaſe may be thus transferred, other diſeaſes, which exiſt in the perſon from whom the matter is taken, may, at the ſame time, be alſo introduced. This ſuſpicion is the conſequence of having remarked, that it ſometimes happens, that thoſe who have been perfectly free from diſeaſe before, have, immediately after their recovery from the ſmall pox, by inoculation, been affected with cutaneous diſorders, and ſcrophulous ſwellings; and ſometimes to ſuch a degree, as to have diſfigured them, or even to have rendered them cripples, during the reſt of their lives.

That other diſeaſes may be inoculated, in the ſame manner as the ſmall pox; and that ſcrophulous affections have made their appearance after inoculation, are circumſtances which undoubtedly may occur. But all this being admitted, ſtill it

muſt

muſt be denied, that ſcrophula is ever inoculated with the ſmall pox.

The matter which is contained in the puſtule of the ſmall pox, conſiſts of that particular ſpecies of morbific matter, only, which has been formed by thoſe diſeaſed actions, which have been induced by the application of the matter of the ſmall pox to the human body. This matter, thus ſecreted, if again applied to the abſorbent ſyſtem, of any one, who has never had this diſeaſe, or who has not been rendered inſenſible to its influence, will again produce this diſeaſe, and no other.

With reſpect to ſcrophulous tumours, inflammation of the joints, abſceſſes, &c. which are by ſome ſuppoſed to be the conſequences of particular humours introduced into the ſyſtem, with the variolous matter; it muſt be obſerved, that phyſicians have long known, even before the practice of inoculation was introduced into Europe, that, in ſome habits, very conſiderable changes take place after the ſmall pox. In ſome caſes, diſagreeable complaints, and thoſe even of long continuance, have entirely ceaſed, upon the coming on of this diſeaſe; whilſt in others, it has been ſucceeded by various affections of the glands and ſkin, to which the patient had never before appeared to be ſubject. Both theſe effects ſucceed much more frequently to the

the ſmall pox, which takes place in the natural way, as it is termed, than to that which is produced by inoculation. It has alſo been obſerved to happen more commonly when the eruption has been numerous, than when it has been ſcanty. Whence it may be concluded, that theſe circumſtances are the reſult of the changes induced in certain habits, merely by the diſeaſed actions conſequent to the application of the poiſon of the ſmall pox to the ſyſtem: and as theſe circumſtances generally ſeem to be proportioned to the quantity of eruption in the preceding diſeaſe; ſo the eruption of the inoculated being much fewer, than that of the natural ſmall pox, the probability of theſe changes occurring, muſt be much leſs likely in the former caſe, than in the latter. Inoculation, therefore, ſo far from being avoided on this account, ought the more particularly to be had recourſe to; ſince the chance is much greater of obtaining, by it, an exemption from theſe diſagreeable and alarming occurrences.

The benefits which would reſult from the univerſal practice of inoculation, are ſo very conſiderable; and the eaſe with which the operation is performed is ſuch, that Dr. Buchan, and other benevolent phyſicians, have recommended to the nurſes and parents of children to perform the operation themſelves. But were this advice to be followed, I very much

much ſuſpect that, from the operation being performed on improper ſubjects; from the neglect of due preparation; from the want of proper management, during the eruptive fever; from the occurrence of various anomalous ſymptoms, which do ſometimes happen to the moſt ſkilful inoculators, and which would excite conſiderable alarm in the minds of the ignorant; that the prejudices againſt this practice, would be multiplied, and its adoption, perhaps, become even leſs general, than at preſent. There never would be wanting ſome, who would be diſpoſed to place every thing diſagreeable, that might happen, to the account of an operation, which is ſeldom performed, without oppoſition from the prejudices of ſome timid friend or relation.

Should the wound made by the inciſion inflame, and only ſome accidental pimple happen to appear on any part of the body; the patient, ſatisfied of having paſſed through the diſeaſe, might neglect the neceſſary cautions of avoiding the infection, and in conſequence of the poiſon not having before really entered the ſyſtem, he may now become a victim of the diſeaſe. Such an occurrence would doubtleſsly occaſion many to adopt the opinion, that inoculation does not procure an exemption from this diſeaſe in future.

Again,

Again, it may be obſerved, that caſes may happen, where the contagious matter may be applied in ſuch a manner, as to eſcape being taken up by the abſorbents of the part to which it is applied; but where, from the patient conſtantly carrying the virus about him, which has been applied for the purpoſe of inoculation, it may occaſion the diſeaſe in the ordinary way. Should this happen, and the diſeaſe terminate fatally, the caſe would be cited as an inſtance of the fatal conſequences of inoculation.

For inſtance—Dr. Buchan, who ſtrongly recommends to parents to perform this operation themſelves, deſcribes to them the method he took with his own ſon. "After giving him two gentle purges, I ordered the nurſe to take a bit of thread, "which had been previouſly wet with freſh matter "from a pock, and to lay it upon his arm, covering "it with a piece of ſticking plaiſter. This remained "on until it was rubbed off by accident. At the "uſual time the ſmall pox made their appearance, "and were exceedingly favourable. Surely this," "the Doctor adds, "which is all that is generally "neceſſary, may be done without any ſkill in medi-"cine."—But were ſuch a mode of practice to become common, is it not very probable that a caſe would ſometimes occur, in which, the abſorbents of the arm not taking up the matter, the patient might

might become infected in the natural way, from inhaling the poiſon he carries about him? And ſhould the ſucceeding diſeaſe prove fatal, there is little doubt but the animadverſions it would occaſion, would not a little tend to prevent the future adoption of inoculation.

From a laudable zeal to promote the wide extenſion of this beneficial practice, Dr. Buchan has endeavoured to render the proceſs of inoculation as ſimple and eaſy as poſſible. But I ſhould much fear, that, from the little ſtreſs the Doctor lays on the neceſſity of preparation, thoſe who are inclined to become inoculators may be miſled; and may be induced to place too little reliance on this part of the proceſs, on being told, "The ſucceſs of inoculators does not depend on the preparation of "their patients, but on their management of them "while under the diſeaſe." I have long been convinced, that from too little attention to preparation, inoculation has produced more conſiderable crops of puſtules, than when it was the cuſtom to attend more rigidly to this circumſtance.

On this point, the remarks of Mr. Daniel Sutton, the celebrated inoculator, are very decided. He ſays, "I underſtand it has been a practice of late, to give up preparation, medicinal and dietetic, entirely, and to rely on the power of medicines, and

the ſkill of the operator, during the eruptive fever, to keep it in due ſubjection. But with ſubmiſſion to thoſe who chooſe to practiſe in this way, I conceive that one, at leaſt, in eight or ten caſes, may give them more trouble than is either deſirable or prudent.—I never yet could diſcover any advantage from the mere act of inoculation, beyond that of aſcertaining the time when the patient would fall ill."

CHICKEN OR SWINE POX.

In the chicken or ſwine pox, an eruption, much reſembling that of a very favourable ſmall pox, appears after a ſlight degree of fever. This eruption ſoon proceeds to ſuppuration, in which ſtate it remains but a little time, before the diſeaſe terminates, by the drying up of the puſtules, which ſeldom leave a cicatrix behind.

The ſimilarity which exiſts between this diſeaſe and the ſmall pox, not only frequently occaſions a diſagreeable ſtate of doubt and ſuſpence, in the minds of the patient and his friends, whether the diſeaſe he has paſſed through was the ſmall pox or not; but frequently in other inſtances, it occaſions an ill grounded hope, that the patient has paſſed through the ſmall pox, in its milder kind. Hence ſucceeds a confidence, which may be productive of

conſequences

conſequences of a ſerious nature. The patient, being aſſured of his future exemption from the effects of the contagion of this dangerous diſeaſe, he neither avoids thoſe ſituations in which he knows he may be within the ſphere of its influence; nor does he have recourſe to inoculation, which would either confirm the hopes he entertains, or inſure his future ſecurity, at the moment it convinced him of the danger of the ſituation, in which he had before ſtood.

To prevent, however, an error of this kind, the following circumſtances may be attended to. 1ſt. This diſeaſe ſeldom comes on with ſo much fever, as, in general, accompanies a ſimilar quantity of variolous eruption. 2dly. The eruption, at its appearance, generally differs from the ſmall pox, in the pimples being, almoſt from the firſt, filled with a tranſparent liquor; the veſicle being almoſt pellucid. 3dly. The eruption appears more early, and paſſes through its different ſtages more rapidly, than that of the ſmall pox: the puſtules turning and becoming dry, ſometimes in leſs than half the time than what is required in the mildeſt kind of the ſmall pox. An attention to theſe circumſtances will, in general, point out the difference; but when the importance of aſcertaining the real nature of the diſeaſe is conſidered, there muſt be very few who would not chooſe to have the opinion of thoſe whoſe judgement can be fully relied on. As

As to the treatment of this diſeaſe, medicine is very ſeldom neceſſary, it being, in general, ſufficient, that the patient be kept, if the weather is cold, from the open air, and be ſupplied with cooling drinks and light food.

Sometimes, however, towards the concluſion of this diſeaſe, matter will form under the hardened ſcabs, occaſioning deep and troubleſome ſores, which frequently require, not only the aſſiſtance of the ſurgeon, but the uſe of internal remedies alſo. The choice of theſe muſt be directed by the peculiar habit of the patient, his age, ſtrength, &c.

MEASLES.

This diſeaſe depending upon contagion, children are moſt generally the ſufferers from it; ſince few paſs their youth without being expoſed to, and affected by, its influence.

It moſt commonly happens, that, for ſeveral days previous to the coming on of the diſeaſe, a child, who has been expoſed to the contagion, will droop, loſe its appetite, and become pale and fretful. To theſe ſucceeds a ſhivering, which frequently in children, paſſes without being obſerved. This is directly followed by fever, accompanied with a quick reſpiration; hoarſeneſs; frequent, dry and rough

rough cough ; redneſs of the eyes, ſneezings, and a conſtant watery diſcharge from the eyes and noſtrils. Commonly on the fourth day of the fever, the eruption appears in ſmall red points, which are generally firſt obſervable around the mouth, then in the other parts of the face, the ſtomach, and, at length, on the whole body. The eruption ſeldom riſes much above the ſkin ; ſo that, except on the face, little or no prominence is diſcoverable. After continuing three days, the eruption loſes its bright redneſs, and becomes of a browniſh red ; and, in a day or two entirely diſappears, leaving the ſkin rough, and as though it had been duſted with meal. The fever generally declining as the eruption goes off.

The conſideration of the following circumſtance will ſhew how dangerous it is to truſt to domeſtic practice, even in ſo common and well known a diſeaſe.

This diſeaſe is very likely, at its firſt appearance, to be miſtaken, by the unexperienced, for the ſmall pox ; but this miſtake is but of little conſequence, when compared with an error to which family practitioners muſt be very liable ;—that of miſtaking the eruption peculiar to the putrid ſore throat, for that of the meaſles. This miſtake is favoured by the meaſles itſelf being, ſometimes, accompanied with

with a ſoreneſs of the throat; whilſt in the diſeaſe, which, in this ſtate it reſembles, the ſoreneſs of the throat does not always particularly call the attention, until the eruption has taken place. Such an error, if not ſoon diſcovered, can hardly fail to occaſion the death of the patient; as the mode of treatment which ſhould be adopted in the one caſe, is directly oppoſite to that which is required in the other; plainly evincing the danger of truſting, even in ſo common a diſeaſe, to the precarious practice of domeſtic medicine.

TREATMENT. When this diſeaſe is very ſlight, the fever and cough being moderate, and the breathing eaſy, and hardly quicker than natural, little more is neceſſary, than to keep the patient's body open, by the aſſiſtance of tamarinds, manna, &c.; at the ſame time ſupplying him, frequently, with cooling mucilaginous drinks, ſuch as the pectoral decoction, barley-water, or infuſion of linſeed, ſweetened with honey. His apartment ſhould be but moderately warm, and great care ſhould be taken, that he is not expoſed to a ſtream of cold air.

To leſſen the inconvenience ariſing from frequent coughing, the patient may frequently hold in his mouth, a mixture of two parts of oil of almonds, and one of honey; ſwallowing it as ſlowly as poſſible. But ſhould this not prove ſufficient to moderate the cough, it will not be right to tamper farther;

farther ; but immediate medical advice ſhould be obtained, leſt ſerious miſchief be concealed.

The circumſtance which generally occaſions a fatal termination of this malady ; and to which, therefore, attention ſhould more particularly be excited, is an inflammation of the lungs. This diſeaſe, as was more fully demonſtrated, when treating expreſsly of inflammation of the lungs, often comes on ſo inſidiouſly, as to render it difficult of detection, even by the moſt ſkilful ; and particularly in children. When it accompanies the meaſles, the poſſibility of its exiſting without the knowledge of an ordinary obſerver, is very great ; and the conſequence of its continuance, uninterrupted by the early uſe of proper means, muſt be moſt probably the death of the patient.

The likelihood of inflammation of the lungs continuing without detection, when accompanying the meaſles, ariſes from this cauſe. Quickneſs of breathing, the moſt obvious and characteriſtic ſymptom of inflammation of the lungs, is generally preſent during the greater part of this diſeaſe ; and even in thoſe caſes where the diſeaſe terminates in the moſt favourable manner. Hence it too frequently happens, that ſuch an affection of the breathing as calls for immediate recourſe to the moſt vigorous meaſures, is unnoticed, and the opportunity of relief ſuffered to eſcape. To

To prevent this, the breathing ſhould be attentively watched. If it becomes very quick, and is performed with a wheezing noiſe, the fever at the ſame time being conſiderable, and the cough frequent, and evidently occaſioning pain to the patient; every thing is to be feared, and the beſt and ſpeedieſt advice ſhould be obtained.

A ſituation frequently occurs in this, and indeed in every other diſeaſe accompanied by inflammation, in which the friends of the patient are very liable to be miſled in the opinion they may form, of the judgment and abilities of the perſon, under whoſe care the patient may have been placed. This ariſes from the difference of treatment employed whilſt there are hopes of removing inflammation by reſolution, from that which is adopted when ſuppuration is taking place. In the former caſe, the ſurgeon or phyſician will in general have recourſe to free evacuations, and every other means which may have the effect of diminiſhing the powers by which the blood is propelled through the ſyſtem; but in the latter caſe, it may be neceſſary to employ a tolerably full diet, cordial medicines, and every thing which may prove reſtorative and invigorating. Suppoſe, then, a patient, afflicted with any diſeaſe, dependent on inflammation; in whoſe caſe the moſt proper means have been employed for its diſperſion, by the medical gentleman

firſt

firſt employed, but unfortunately with ſuch little ſucceſs, as to have induced the patient, or his friends, to call in ſome other perſon, of whoſe character they may have been led to form an higher degree of eſtimation. The period in which there was a poſſibility of removing the inflammation by diſperſion, being now paſt, that mode of treatment muſt be adopted, which will beſt accord with the intention of promoting ſuppuration. This plan being of neceſſity oppoſite, almoſt in every reſpect, to that which has preceded, the compariſon is too often made by the ignorant, to the prejudice of the perſon who had been firſt conſulted. "Here," ſay they, "was the patient getting daily worſe and worſe; but now, directly that a different mode of treatment is adopted, he immediately alters for the better. How fortunately we changed our phyſician; he certainly has ſaved him—under the former, he as certainly would have loſt his life." Thus the one is applauded, the other is ſeverely cenſured; whilſt both have entertained the ſame opinion reſpecting the diſeaſe, and both have been directed, by exactly the ſame principles.

When purple ſpots, and other ſymptoms peculiar to a diſſolved ſtate of the blood, accompany this diſeaſe, the greateſt judgment and attention are required to bring the diſeaſe to a favourable termination.

An obſtinate cough will frequently be found to remain, after all the other ſymptoms have ſubſided. In this caſe, it would be extremely wrong to truſt to the ordinary remedies for coughs, leſt the cough ſhould be ſymptomatic of more ſerious and latent miſchief.

To prevent theſe conſequences, frequent purging is recommended at the concluſion of the diſeaſe; and, in moſt caſes, muſt prove beneficial, being likely to diminiſh the diſpoſition to inflammation, which is, in general, produced by this diſeaſe, and which occaſions the above mentioned effects. But dependance is not always to be placed on purging alone; ſince, in almoſt all theſe caſes, particular attention ſhould be paid to the regimen, which is required to be ſpare and cooling; and, in ſome caſes, even repeated bleeding may be neceſſary.

I cannot quit this ſubject without offering ſome advice, which, if attended to, cannot but prove beneficial. When one child in a family is attacked with this diſeaſe, let the greateſt poſſible care be taken, leſt by expoſure to a cold and moiſt atmoſphere, the remaining children become affected by a catarrhal affection; by which the danger of inflammation of the lungs in the ſubſequent diſeaſe is increaſed. It is obvious, that this advice is equally applicable where the diſeaſe is even known to be in the neighbourhood.

SCARLET

SCARLET FEVER.

This fever comes on with cold ſhivering, pains in the head and loins; ſoon after, the throat becomes uneaſy, and the ſwallowing difficult, the inſide of the throat appearing tumid and red. About the third day, a ſcarlet eruption takes place, making its appearance, at firſt, in bright red ſpots, on the face and neck, and afterwards on the reſt of the body, and the extremities. From theſe ſpots running together, the whole ſkin becomes of a bright ſcarlet. Soon after the redneſs appears, white ſpecks or ſloughs are diſcernable on the tonſils; theſe enlarge, after a few days, fall off, and diſcover an ulcerated ſurface underneath; which, however, in general, ſoon heals. After continuing about three or four days, this eruption goes off, the fever generally ſubſiding at the ſame time.

After this diſeaſe, the ſkin almoſt always peels off, and frequently in pretty large portions. It frequently happens, that an anaſarcous ſwelling of the whole body comes on within a few days after the diſappearance of the eruption, and is ſometimes difficult of removal.

Although, in the above hiſtory, I have mentioned the ſoreneſs of the throat as one of the ſymptoms of this diſeaſe, yet it muſt be remarked, that ſcarlet fever ſometimes occurs without any affection of the throat. This

This diſeaſe is ſometimes to be met with, accompanied with highly inflammatory ſymptoms; and, at other times, with ſymptoms marking a ſimilar malignity, with the ulcerated ſore throat, or putrid fever.

To attempt to lay down a mode of cure to be adopted by family practitioners, in a diſeaſe which varies ſo much in its mode of exiſtence, as to require, at different ſeaſons, and in different ſubjects, the uſe of means entirely of an oppoſite nature, would be highly cenſurable, ſince fatal miſchief might hereby be occaſioned. Real benefit may, however, be derived from pointing out thoſe diſeaſes with which ſcarlet fever may be confounded, and the conſequences that moſt probably would ſucceed to ſuch a miſtake.

At the firſt appearance of the eruption, it is by no means unlikely, that a difficulty may be found, by ſuch practitioners, in endeavouring to diſtinguiſh between that which is characteriſtic of this diſeaſe, and that which is peculiar to the meaſles. In thoſe caſes of meaſles, where the catarrhal ſymptoms are very ſlight, it may very eaſily be miſtaken for ſcarlet fever; and in ſcarlet fever, unaccompanied by ſore throat, eſpecially in young ſubjects, the probability is great that it may be treated as the meaſles.

But

But the moſt to be feared is, leſt, on the one hand, a caſe of ſcarlet fever, requiring a cooling treatment, and, perhaps, even bleeding, be ſuppoſed to be the putrid ſore throat, and an attempt for its cure be made with heating cordials, wine, &c.; or, on the other hand, that a caſe of putrid ſore throat be miſtaken for ſcarlet fever; and, inſtead of the free uſe of bark, nouriſhment, wine, &c. the contrary mode of treatment be adopted.

When this diſeaſe is ſucceeded by anaſarcous ſwelling, the greateſt care is demanded; ſince, ſhould it be neglected, an incurable dropſy may be the conſequence.

ERYSIPELAS, OR ST. ANTHONY'S FIRE.

Erysipelas, according to the accurate deſcription of Dr. Cullen, is an inflammatory affection of the ſkin, with hardly any evident ſwelling; of a mixed, and not very bright red colour, readily diſappearing upon preſſure, but quickly returning again; the redneſs of no regular circumſcription, but extending unequally; and continuing, moſt conſtantly, to ſpread upon the neighbouring parts, with a pain like to that from burning; producing bliſters, ſometimes of a ſmall, ſometimes of a larger ſize; always occaſioning, as it goes off, a deſquamation of the ſcarf ſkin, and ſometimes terminating in gangrene. When

When it attacks the face, the patient experiences, firſt of all, a cold ſhivering, ſucceeded by a hot ſtage, in which there is always more or leſs drowſineſs, with, ſometimes, a confuſion of the head, and, in ſome caſes, even delirium. The affection of the ſkin appears either on the firſt, ſecond, or third day of the fever; frequently poſſeſſing, by degrees, the whole of the face; ſometimes the hairy ſcalp, and even extending on to the neck. The whole face becomes much ſwelled, and the eye lids ſo much ſo, that the patient is oftentimes not able to open them.

The inflammation continues, in general, about eight or nine days, the fever not ſuffering any abatement from the coming on of the affection of the ſkin. In thoſe caſes which have a favourable termination, the fever and inflammation, generally, about this time, ſubſide together. But in other caſes, the drowſineſs and delirium increaſe, as the inflammation proceeds; and, the external affection being communicated to the brain, the patient is carried off about the ſame period.

Eryſipelas may be produced by the application of heat, or the ſudden and partial application of cold, eſpecially when the body is in an heated ſtate. External injuries of various kinds, as wounds, punctures, and even the ſlighteſt ſcratches, are often ſucceeded by this affection of the ſurrounding parts.

The

The application of poiſons, more particularly thoſe of the animal kingdom, often produces this diſeaſe. In ſome caſes, it has been ſuppoſed to be the conſequence of violent paſſions of the mind.

When eryſipelas exiſts only in a trifling degree, and without any, or with but little, affection of the ſyſtem, or any other alarming ſymptom, there may be no neceſſity for calling in profeſſional aid; ſince, by an attention to the following advice, the diſeaſe may be, in ſuch ſlight caſes, carried off with the utmoſt ſafety.

The body ſhould be kept in a laxative ſtate, by the uſe of the gentleſt aperitive medicines; carefully avoiding thoſe medicines, which, from the irregularity with which they act, ſometimes produce effects far exceeding the intention with which they were given. Manna, lenitive electuary, ſaline purgatives, ſuch as the Glauber and Rochelle ſalts, imperial drink, tamarind whey, &c. are remedies which may be uſed with the utmoſt ſafety.

The patient, through the day, need not be confined to his bed; it being ſufficient that he avoids expoſing himſelf to a cold atmoſphere.

At bed time, the patient may take a few grains of Dover's ſudorific powder, or, a very ſmall doſe of James's powder; drinking freely of weak wine whey,

whey, or warm barley-water, with a ſmall quantity of nitre, for the purpoſe of procuring a gentle perſpiration.

Animal food ſhould not be indulged in; puddings, ſago, panada, &c. being the moſt proper articles of diet.

But when eryſipelas exiſts in a higher degree, or is accompanied by a conſiderable affection of the whole ſyſtem, or by ſuch ſymptoms as we are about to deſcribe; it not only is of too ſerious a nature to be entruſted to domeſtic medicine, but even requires the greateſt care of the medical or chirurgical perſon, whoſe attendance is obtained. For the diſeaſe not being uniform in its appearance, and the variety depending on widely different ſtates of the ſyſtem, as well as of the part affected; much ſkill is required, in determining on the mode of treatment which ought to be adopted.

When this diſeaſe exiſts in the face to a conſiderable degree, there is great danger of the communication of the diſeaſe to the brain. The affected parts ſometimes become gangrenous, the change often taking place very ſuddenly, without being ſuſpected but by thoſe, who, by experience, have obtained an accurate knowledge of the diſeaſe; and who, by their acquaintance with the laws of the animal œconomy, are enabled to detect the morbid

ſtate

ſtate of the ſyſtem. This diſeaſe is very ſubject to ſudden tranſlations from one part to another; frequently from the external to the internal parts; a circumſtance which never occurs, without a great degree of danger.

There is one circumſtance, which alone ought to prevent family practitioners, from attempting the treatment of this diſeaſe, except in the ſlighteſt caſes. It frequently, when properly conducted, proving a cure to maladies which have long and obſtinately reſiſted every attempt made for their removal. When this diſeaſe attacks with conſiderable violence, the life of the patient may often depend on timely bleeding. But, of ſo much conſequence is the aſcertaining the real ſtate of the ſyſtem, that ſhould this evacuation be made improperly, inſtead of ſaving the life of the patient, a fatal termination of the diſeaſe might be occaſioned.

As the particular ſtate of the ſyſtem is neceſſary to be aſcertained, before it can be determined what remedies are moſt proper; ſo is it impoſſible to give here ſuch general directions, for the diet and management of the patient, as may be applicable in all caſes.

Of the external applications it is not neceſſary to ſay much; ſince, when the diſeaſe exiſts only in

ſuch a degree, as to be a proper object of domeſtic medicine, no particular application is neceſſary: it being ſufficient, that it is defended from the air by any ſubſtance, which is not allowed to adhere to the part affected. Beſides, the ſelection of external applications, as well as of internal remedies, muſt be directed by the ſtate of the ſyſtem, and of the affected part. The following deſultory cautions, are, therefore, all that can be introduced on this ſubject.

Greaſy applications almoſt always ſeem to aggravate the diſeaſe. Abſorbent earths and farinaceous ſubſtances, which are frequently recommended, form hard and troubleſome cruſts, by mixing with the liquor which exudes from the part; the effuſed fluid, confined by theſe cruſts, irritating the parts beneath. Cooling and ſedative applications, ſuch as cold water, Goulard's vegito mineral water, &c. are very effectual in leſſening the inflammation, and are, therefore, frequently adopted by domeſtic practitioners. But it is neceſſary to remark, that theſe applications, which, at firſt, ſeem to produce very pleaſant and ſalutary effects; do ſometimes produce, and ſuddenly, the moſt dangerous conſequences: a gangrene of the part being very likely to ſucceed to the improper employment of them. They ſhould never therefore, be uſed in theſe caſes, but under the direction of the phyſician or ſurgeon.

Eryſipelas

Eryſipelas never appears in aged perſons, nor in thoſe who have lived freely, without denoting ſuch a ſtate of the ſyſtem, as muſt demand all the aid that can be obtained, from the conjoined powers of experience and judgement.

Its occurrence in youth and middle age is ſeldom dangerous, except when accompanied with much fever, or when it extends over a conſiderable ſurface.

ERYSIPELAS OF CHILDREN,

Very young children ſometimes are attacked with eryſipelatous inflammation, to which it is neceſſary moſt earneſtly to call the attention of parents; ſince, from the ſeeming trifling and inſignificant appearances which take place on its firſt occurrence, there is too much probability, that it may be often allowed to attain a conſiderable height, before application for aſſiſtance is made. Whenever this does happen, the chance of recovery muſt be very ſlight indeed; for even in thoſe caſes where the utmoſt exertions of art are early employed, this diſeaſe frequently carries off the little ſufferer with great rapidity.

This diſeaſe begins in ſmall red patches, with hardly any elevation, and by no means of ſuch an appearance,

appearance, as to be likely to excite any alarm; except in the minds of thoſe who are appriſed of the inſidious and dangerous nature of this diſeaſe. Theſe patches, in ſome caſes, make their firſt appearance on the extremities, and, in others, on the lower part of the belly. They extend themſelves conſiderably over the limbs and trunk, becoming hard and more diſcoloured, and, if not happily ſtopped by the adoption of the moſt appropriate meaſures, the diſeaſe ſoon terminates fatally.

To excite the attention of parents, ſo that, on the firſt appearance of this diſeaſe, they may be appriſed of the danger which threatens, and be thereby induced to apply for immediate aſſiſtance, is all that can be attempted here.

THE MILIARY FEVER.

The eruption from which this fever derives its name, is formed by ſeveral little bladders, which riſe on the ſkin, of the ſize and appearance of grains of millet.

From this eruption having been ſeen to accompany various diſeaſes, it has been much doubted, whether it is an original and primary diſeaſe; or whether it is not merely a ſymptomatic diſorder, proceeding from the diſeaſe it accompanies. From the

the circumſtance of its having occurred as an epidemic, having attacked many at the ſame time, in the ſame neighbourhood, there is hardly a doubt, but that it may exiſt as a primary diſeaſe. But it is not neceſſary here to enter farther into this queſtion; ſince the determination would not affect the precepts which will be here delivered, reſpecting its treatment.

This eruption generally makes its appearance when profuſe ſweatings have preceded; but it has ſometimes been met with, where no ſuch previous ſweating has taken place. It attacks both ſexes, and thoſe of every age and conſtitution; but child-bed women appear to be moſt frequently affected by it.

When it occurs as a primary diſeaſe, it begins with a ſhivering, which is ſoon ſucceeded by a conſiderable degree of heat, and pain in the head and loins, attended with great anxiety and lowneſs of ſpirits, oppreſſion on the breaſt, and difficulty of breathing. Theſe latter ſymptoms, with an itching and prickling in the ſkin, in general, immediately precede the eruption, which commonly appears between the ſeventh and fourteenth day of the fever; but it has not been remarked to make its appearance on any particular day. The eruption firſt appears on the neck and cheſt, then upon the

the arms; and at length is diffuſed almoſt over the whole body, but it is ſeldom to be diſcovered on the face. The ſkin has ſometimes, but very rarely, continued dry through the whole of the diſeaſe; but, in general, the ſweating is very profuſe. The ſtools are, for the moſt part, looſe, and the urine pale, and of a particular lightiſh green caſt. The tongue does not become very foul, and the eyes acquire a more than common brightneſs. About the time of the eruption, there always ariſes a pungent acid odour, peculiar to this diſeaſe. In ripening, the eruption becomes of a yellowiſh hue; and after continuing a few days, the length of time varying much in different caſes, it dies off, leaving the ſkin covered with branny ſcales. Sometimes the eruption is renewed ſeveral times in the courſe of the ſame fever.

Perſons ſweating under febrile diſeaſes are eſpecially liable to the miliary eruption, and particularly thoſe who have been previouſly weakened by large evacuations, particularly of blood. This, Dr. Cullen thought, would explain why it happens to lying-in women more frequently than to any other perſons; and has remarked it to happen to women not in child-bed, but who had been much ſubject to a frequent and copious menſtruation, and to an almoſt conſtant fluor albus. He alſo had occaſion to obſerve it to happen to men in fevers, after wounds, from which they had ſuffered a great loſs of blood. Since

Since the ſeveral varieties in the mode of treating this fever, ſhould be the reſult of a very nice and accurate inveſtigation of all the concomitant circumſtances; and as this taſk requires, in the perſon who undertakes it, a thorough knowledge of the laws of the animal œconomy, and of the changes induced by diſeaſe; it would be very improper to lay down a plan of cure, to be attempted by any one who does not poſſeſs that neceſſary information.

The ſame reaſon that prevents the attempt of laying down a regular plan of cure, in a work of this nature, is equally forcible againſt the endeavour to eſtabliſh any fixed rules for the regimen and management of the patient; theſe depending on the ſame circumſtances which have been alluded to, muſt be regulated by the advice of the phyſician.

It may not be amiſs to remark here, that this eruption ſo generally ſucceeds profuſe ſweating, that it has been ſuppoſed to be merely a conſequence of this diſcharge. In proportion as the ſweating is encouraged or checked, ſo may the eruption be augmented or diminiſhed; but the propriety of either practice cannot be determined, unleſs it is firſt aſcertained how far the ſweating and eruption is connected with a critical change in the diſeaſe.

HÆMORRHAGES.

HÆMORRHAGE may depend on an increaſed action of the blood veſſels; or it may originate in ſuch a ſtate of them, as is oppoſite to that vigour. It may proceed from too great abundance of blood, where there is no error but in quantity; or it may be the conſequence of the blood having acquired ſuch a morbid tenuity, as may enable it to paſs through openings, by which, in an healthy ſtate, it would have been detained.

Thoſe who lead ſedentary lives, indulging much at the ſame time, in highly nouriſhing and ſtimulating food, can hardly poſſible eſcape ſuch a preternatural fulneſs of the ſyſtem, as is likely to be productive of hæmorrhage; ſince the evacuations not being proportioned to the quantity of nutritious matter taken in, a due equilibrium cannot be preſerved, between the quantity of the circulating fluids, and the ſolids which contain them. The diminution or ſuppreſſion of accuſtomed evacuations; whether of thoſe which are natural, or of thoſe which have been induced by art or previous diſeaſe, will alſo conſiderably contribute to the formation of that diſeaſed ſtate of the ſyſtem, in which hæmorrhage is likely to occur. In this way much injury is often occaſioned, by the frequent bleedings which are ſometimes had recourſe to, when

hæmorrhage

hæmorrhage has once occurred; and which actually promote that ſtate of the ſyſtem they were intended to prevent.

When the above deſcribed ſtate of the ſyſtem has been induced by the foregoing circumſtances, nothing more is required, than the action of one or more exciting or occaſional cauſes, to produce the diſeaſe. The exciting cauſes are, whatever alter the regular circulation of the blood; as external heat, a conſiderable and ſudden diminution of the weight of the atmoſphere, violent exerciſe, conſiderable efforts of the lungs, certain paſſions of the mind, cold externally applied, and ſuch poſtures of the body and applications of ligatures, as may occaſion a determination, or accumulation of the blood in particular parts of the body.

Dr. Buchan, when treating of this ſubject, very juſtly obſerves, that "Involuntary fluxes of blood may proceed from *very different*, and often from *quite oppoſite cauſes*." Of theſe the Doctor enumerates no leſs than thirteen; and then very properly obſerves, that "The cure of a hæmorrhage muſt "be adapted to its cauſe." An aſſertion to which all muſt readily aſſent, and heartily regret that any one ſhould ever be induced to attempt the management of a diſeaſe, dependant on ſuch various cauſes, with no other information than that which they may have derived from ſome treatiſe on domeſtic medicine.

If the ſyſtem has once ſuffered a loſs of blood, by accident, by art, or by a ſpontaneous effuſion; that quantity is not only quickly reſtored, but freſh blood is formed ſo faſt, that a preternatural fulneſs, or plethora, is very ſoon produced; which is frequently ſucceeded by a return of the bleeding. This is again, in like manner, followed by a rapid reſtoration of blood, fulneſs, and hæmorrhage. Theſe alternations of evacuation and repletion, being thus repeated, a diſpoſition to hæmorrhage is, agreeable to a certain law of the animal œconomy, occaſioned; and the diſeaſe, of courſe, rendered more difficult of removal. Nor is this all, for, in proportion to the length of the continuance and frequency of recurrence of hæmorrhage, will be the danger of its occaſioning other diſeaſes, either by its continuance or ſuppreſſion.

The poſitions here advanced, which are founded on the known laws of the animal œconomy, and are proved by the daily obſervations of every attentive medical man; muſt ſhew clearly the danger of permitting, through neglect, or an ill founded timidity, the continuance of hæmorrhage: the probability of its inducing future diſeaſe, having been ſhewn to be, in proportion to the quantity of blood which is permitted to flow.

Every ſcience, in an age of enquiry, is conſtantly receiving ſome improvement, by the acceſſion of ſome

ſome new fact, or ſome ingenious obſervation.—Thus has the art of healing derived conſiderable light, from the obſervations and reaſoning of Dr. Cullen, on this point. He having clearly evinced the neceſſity of preventing the occurrence of hæmorrhage; and, in moſt caſes, of moderating effuſions of blood, when they have actually come on.

The opinions on which the practice of encouraging hæmorrhage had been founded, were derived from ſome fallacious conjectures, reſpecting the influence of the ſoul on the body; the ſoul having been ſuppoſed to direct and occaſion ſuch changes in the ſyſtem, as were neceſſary to the prevention or removal of diſeaſe. It was alſo imagined, that the body was, in general, diſpoſed to a plethoric ſtate; that the greater part of the diſeaſes to which the human body is ſubject, was produced by this cauſe; and that ſpontaneous hæmorrhage was, almoſt always, the conſequence of the efforts of certain powers in the ſyſtem, exerted for the removal of ſome diſpoſition to diſeaſe, or of the diſeaſe itſelf, if already formed. On theſe principles the flow of blood was permitted, until, through the weakneſs of the patient, it ceaſed; it being ſuppoſed, that when a ſufficient quantity of blood had flowed, to effect the intended ſalutary change, it would then ſpontaneouſly ſtop. Nor was this the utmoſt extent of this miſchievous doctrine, for the ſame arguments,

arguments, which induced them thus to allow the ravages of the diſeaſe, in the firſt inſtance, occaſioned them alſo to encourage its return.

It may be eaſily conceived, that theſe repeated loſſes of the blood, on which the formation and nouriſhment of every part of the body depends, muſt render that fluid thin and impoveriſhed; and occaſion it to poſſeſs, after each effuſion, leſs and leſs of thoſe principles, which are more particularly appropriated to the ſupport of the ſyſtem; although, at the ſame time, the circulating fluids may exceed their natural quantity.

Thus, then, by permitting the repetitions of hæmorrhage, may ſuch a ſtate of the ſyſtem be produced, as will very probably occaſion waſting the body, dropſy, or ſome other diſeaſe, which, being founded on general debility, will be very difficult to be removed.

Dr. Cullen's reaſons for ſuppoſing that hæmorrhage ſhould, in general, be avoided, are, "1ſt. Be-"cauſe it does not always happen in parts where "it is ſafe. 2dly. Becauſe often, while it does re-"lieve a plethoric ſtate, it may, at the ſame time, "induce a very dangerous diſeaſe. 3dly. Becauſe "it may often go to exceſs, and either endanger "life, or induce a dangerous infirmity. And laſtly, "becauſe it has a tendency to increaſe the pletho-

ric

"ric ſtate it was meant to relieve; to occaſion its "own recurrence; and thereby to induce a habit, "which, if left to the precarious and unequal ope- "ration of nature, may, from the frequent errors "of this, be attended with much danger." *

Having recommended the prevention of plethora, rather than the allowing of the return of hæmorrhage, it is neceſſary to deſcribe the means by which this end may be accompliſhed.

The innumerable ſecretions made from the general maſs of blood, occaſions a continual expence of that fluid; and exerciſe, as it promotes almoſt every ſecretion, ſo muſt it produce an increaſe in the conſumption of the blood. The quantity of blood thus expended, is reſtored by the continual acceſſion of new blood, formed from the chyle, which is immediately derived from the various ſubſtances taken as aliment. The quantity of blood muſt, therefore, depend on the quantity of aliment from which it is produced, and the degree of exerciſe, by which its expence is occaſioned; in proportion as the one or the other of theſe preponderate, will a diſpoſition to plethora, or to the contrary ſtate, take place.

To prevent the quantity of blood from exceeding its due proportion, exerciſe, then, ſhould be uſed

* Cullen's Firſt Lines, vol. ii. p. 301.

uſed freely, the quantity of food muſt be diminiſhed, and ſhould be compoſed of ſuch ſubſtances, as are nouriſhing, only in a moderate degree; ſuch as vegetables, milk, &c.

Proper means muſt, at the ſame time, be employed, for keeping the bowels in a laxative ſtate; and the circumſtances which have been before deſcribed, as exciting cauſes, muſt carefully be avoided.

When hæmorrhage has actually come on, and it appears proper that it ſhould be moderated, the application of every thing heating and ſtimulating muſt be carefully avoided. The air of the chamber ſhould be cold, and no malt liquor, wine, or ſpirits, permitted the patient. This caution is neceſſary, ſince it very frequently happens, that the patient is very freely ſupplied with theſe pernicious liquors, with the intention of removing the ſickneſs and faintneſs, which accompany the diſcharge. The patient ſhould be kept in ſuch a poſture, as may leaſt favor the impetus of the blood towards the part from which it flows:—but this, as well as the other means of cure, will be more fully treated of, when ſpeaking of hæmorrhage from particular parts.

Hæmorrhages proceeding from a diſſolved ſtate of the blood, will always require the moſt vigorous exertions for their ſuppreſſion; ſince, by their continuance,

continuance, they neceſſarily increaſe that morbid ſtate on which they depend.

Upon the whole, when we conſider how numerous the cauſes of hæmorrhage may be; and how neceſſary it is to aſcertain the cauſe on which each caſe depends, before a determination is made on ſo nice a point, as whether the hæmorrhage ſhall be reſtrained or ſuffered to continue; it muſt be agreed, that no deciſive ſtep ought to be taken, until competent advice has been obtained. Until then, little more ſhould be done than removing any of the circumſtances, which are above enumerated, as likely to become exciting cauſes; and employing ſuch means, as may moderate the diſcharge, if it is violent, and the patient apparently ſinking. Skill is required in the treatment of few diſeaſes more than in thoſe of this claſs; the caſe being often ſuch, as, from its urgency, to require an immediate deciſion; and the future health, and even the life of the patient, may depend on the judgment with which it is made.

BLEEDING FROM THE NOSE.

From the very conſiderable number of blood-veſſels with which the internal ſurface of the noſtrils is furniſhed, and the delicate texture of their covering, we may account for the frequency with which this complaint occurs. This

This complaint may be met with at every period of life; but the changes which take place in the ſyſtem, juſt before puberty, and after the age of forty and fifty, are ſuch as to render it more likely, that, at theſe periods, the effuſion ſhould take place from this part, than any other.

During the exiſtence of febrile, or inflammatory complaints, in which the head is much affected, bleeding from the noſe ſometimes happens; in general proving critical, and being followed by the removal of the prior diſeaſe. This diſcharge alſo often occurs, in fevers which are accompanied by a languid ſtate of the ſyſtem, and a diſſolved ſtate of the blood. It alſo frequently happens, when there is no reaſon to ſuſpect it to depend on any particular ſtate of the ſyſtem, but is only produced by ſome incidental cauſe; ſuch as a violent effort made in ſneezing, &c.; or the application of ſome hard ſubſtance to the internal ſurface of the noſe.

Bleedings from the noſe in young people are ſeldom in any conſiderable quantity; generally ceaſing ſpontaneouſly, after a moderate flow, or yielding to the application of cold water to the noſe and ſurrounding parts; or to the application of any very cold ſubſtance, to any part of the ſurface of the body: as may be obſerved, in the common practice of putting a cold piece of metal, as a key, down

down the back, next to the ſkin, which induces a ſhivering, ſoon after which the bleeding generally ſtops.

The infrequency of this diſcharge being directly followed by any evident ill conſequence, and the facility with which it is in generally reſtrained, contribute to miſlead the patient and his friends, into an opinion, that no harm can be produced by a diſeaſe ſo common, and apparently ſo trivial. The patient is therefore, in general, conſigned to ſome good woman, the bleeding ceaſes, but no proper means are adopted to alter the ſtate on which the diſeaſe depends, and thereby to prevent its return.

To ſhew to thoſe who are too much diſpoſed to truſt to the vague and dangerous practice of domeſtic medicine, the neceſſity of obtaining the advice of the ſkilful and judicious, in theſe caſes, nothing more, ſurely, can be neceſſary, than to point out the ſtate of the ſyſtem, at this time; and the probable miſchiefs that may ſucceed to improper management.

From attentive obſervations, it appears, that in thoſe young people who are ſubject to bleedings from the noſe, there exiſts not only a general fulneſs of blood; but alſo an increaſed determination of the blood towards the head. This is a ſtate which certainly demands the greateſt care and at-

tention; ſince, ſhould the hæmorrhage be reſtrained, without the adoption of due precautions, the blood might force an opening through ſome other veſſels, ſituated, perhaps, in a part, where, as in the brain, it might occaſion a fatal injury. And, on the other hand, if, by neglect of proper management, the bleeding ſhould be ſuffered repeatedly to return, and become periodical; there will be reaſon to fear, leſt, when the patient arrives at his full growth, a rupture of a blood-veſſel in the lungs, terminating in a conſumption, may take place. In confirmation of this opinion, I may here repeat a common obſervation, that thoſe, who are moſt liable to a diſcharge of blood from the lungs, have been ſubject, when young, to bleeding at the noſe.

When this diſeaſe happens to thoſe who are advanced in years, the niceſt judgement is required, in adopting the mode of treatment. As it certainly often prevents an attack of palſy, apoplexy, &c. there cannot exiſt a doubt of the impropriety of checking the diſcharge, at its firſt appearance: on the contrary, it is frequently neceſſary to have recourſe to bleeding, from the arms, and to other means calculated to diminiſh the general fulneſs, and to take off the determination to the head.

A careful attention to the foregoing indications is neceſſary, not only at the time when the hæmorrhage

hage exists, but should be assiduously persevered in, for a considerable time after the hæmorrhage has ceased; and, in many of these cases, a strict regard must be paid to rules, even during the remainder of life.

The general principles, on which it is necessary to proceed in these cases, both with respect to the treatment of the hæmorrhage itself, and to preventing its return, are laid down in the preceding chapter. But much caution is necessary, in the application of these principles to particular cases; since an error, on either side, may be followed by considerable mischiefs: on the one side, by occasioning a rupture of a blood-vessel in some vital part; and, on the other, by laying the foundation for dropsy, or some one, of the numerous class of diseases, dependent on debility.

Bleeding from the nose, in febrile or inflammatory diseases, especially when preceded by pain in the head, flushed countenance, and redness of the eyes, will, in general, be found to be critical and salutary: and, consequently, must not be checked, unless it becomes profuse, and is likely to exhaust the patient too much. Much caution and skill is requisite, in forming a right judgement, in these cases; since it often happens, that fevers, and various febrile complaints, at their commencement, and during some part of their course, are accompanied

nied with ſtrong marks of inflammation, to which, however, exceſſive debility very ſoon ſucceeds. In ſuch caſes, this diſcharge, although happening at a critical period of the diſeaſe, will, if not very moderate, be likely irretrievably to ſink the patient.

When this hæmorrhage happens in putrid fever, ulcerated ſore throat, or any of thoſe diſeaſes, which, from their firſt appearance, are accompanied with great debility of the ſyſtem, the earlieſt efforts muſt be exerted to reſtrain it; ſince the loſs of even a ſmall quantity of blood, may, in theſe caſes, be productive of fatal conſequences. The occurrence of hæmorrhage, in theſe caſes, is very rarely accompanied with circumſtances which render this advice improper.

Where there is nothing to forbid the ſuppreſſion of the hæmorrhage, the following means may be employed. Cloths dipped in cold water, vinegar, or ſpirits, may be frequently applied to the noſe and face; the body ſhould be kept in an erect poſture, and expoſed to the free acceſs of cold air. If theſe ſhould not prove ſufficient, a piece of lint, rolled up in the form of a cone, muſt be introduced into the noſtrils; no benefit can, however, be expected from this, unleſs it is applied with ſufficient force to preſs on the orifice of the raptured veſſel. If this ſhould not ſucceed, the lint may,

previous

previous to its introduction into the noſtril, be enveloped in flour; and, if this fail, the lint may again be introduced, with the addition to the flour of a fourth part of finely powdered allum. It is almoſt unneceſſary to add, that every thing likely to ſtimulate the noſtrils muſt be carefully avoided.

Dr. Buchan recommends, that "the garters may "be tied a little tighter than uſual. Ligatures may "be applied to the arms, about the place where they "are uſually made for bleeding, and with nearly "the ſame degree of tightneſs. Theſe muſt be gra- "dually ſlackened, as the blood begins to ſtop; and "removed entirely, as ſoon as it gives over."

But this practice is not likely to produce the beneficial effects, for which it is recommended. Dr. Chapman, in his ingenious Theſes on Hæmorrhages, remarks, that ligatures are ſometimes applied to compreſs the veins, and thereby to retard the return of the blood from any part to the right ventricle of the heart, with the expectation of diminiſhing the action of the heart, and of leſſening the velocity and force, with which the blood circulates.

But this practice, he obſerves, was introduced before mankind had obtained a thorough knowledge of the circulation of the blood; and is manifeſtly liable to objections, which cannot eaſily be overturned.

In

In the firſt place, it is difficult to apply the ligature ſo as to compreſs the veins, without making a preſſure on the arteries alſo; ſo that it may happen, that as much injury may be produced, by interrupting the paſſage of the blood from the heart, as benefit can be expected by impeding its return. Secondly, ſuppoſe that the preſſure is even confined to the veins alone, the beneficial effects which are thence expected cannot poſſibly laſt long; ſince ſuch a degree of compreſſion muſt, in a little time, affect the arteries, to the ſame degree, as though the ligatures had been applied to the arteries themſelves.

HÆMORRHAGY FROM THE LUNGS, OR SPITTING OF BLOOD.

Hæmorrhagy from the lungs, or, as it is commonly termed, ſpitting of blood, is generally preceded by a frequent cough, a ſenſe of tightneſs, weight, and anxiety in the cheſt; and, ſometimes, by a coldneſs of the limbs, or a general ſhivering. A ſaltiſh taſte of the ſpittle, and a troubleſome tickling of the upper part of the windpipe, frequently occur, juſt before the diſcharge comes on. The quantity of blood ſpit, at the firſt attack of the diſeaſe, differs very much, in different caſes; ſometimes only appearing in ſtreaks, mixed with the phlegm,

phlegm, and, in other cafes, proceeding in fuch confiderable quantities, as even to threaten fuffocation.

Some judgement is neceffary to diftinguifh, from what part the blood proceeds, which is thrown out of the mouth; fince it may not only be derived from the lungs, but alfo from the ftomach, the mouth, the back part of the noftrils, or the upper part of the throat. The treatment which thefe latter cafes require, differs fo much from that of an hæmorrhage from the lungs, that confiderable injury may be produced by an attempt to perform the cure, unlefs the feat of the difeafe is previoufly afcertained.

The difcharge fometimes comes on without any previous notice; and is then, generally, the conſequence of fome exceffive exertion of the lungs, as in a violent fit of coughing, &c. When this is the cafe, and the habit of body is perfectly free from difeafe, the hæmorrhage will fometimes foon ceafe. The fame happy termination may, for the moft part, be expected, when the difeafe is even the refult of a plethoric ftate of the fyftem; but if a difpofition to conſumption previoufly exifted in the habit, there will be the greateft reafon to expect that difeafe may be fpeedily induced.

But when the difeafe is preceded by the fymptoms before mentioned, and the hæmorrhage does not

not immediately ceaſe, the diſeaſe will generally proceed in the following manner. After the diſcharge of blood has taken place, the foregoing ſymptoms are, in a great part, relieved; the cheſt becomes more free, the breathing is performed with leſs difficulty, and the cough is leſs frequent. After a little time, more blood oozing from the ruptured veſſel, occaſions a degree of weight and uneaſineſs of the lungs, and the return of the irritation in the windpipe: to this the cough very ſoon ſucceeds, by which the extravaſated blood is again thrown off the lungs.

It frequently happens, that the patient is enabled to predict the return of the hæmorrhage, by the increaſe of ſome of the foregoing ſymptoms, which generally takes place after a little reſpite.

In thoſe caſes, where the diſeaſe terminates favourably, the quantity of blood becomes leſs and leſs, in every ſpit, the breathing remains eaſy, and the cough ſoon ceaſes. The ſpit may remain tinged for a little time, but, at laſt, reſumes its natural appearance.

But if ulceration of the lungs comes on, as the ſpitting of blood diſappears, a ſpitting of thick yellow matter comes on; the breathing continues difficult, and the cough frequent. When this unhappily takes place, the waſting of the patient, frequent heat

heat in the palms of the hands, and flushings on the cheeks, will soon point out too plainly the fatal tendency of the complaint.

As this is a disease in which there is for the most part a considerable degree of danger, and as there is no case in which it occurs, in which the greatest care is not necessary, no one should think of hazarding in any instance of it, the practice of domestic quackery. In all those cases, however, where the disease comes on suddenly, and the aid of the judicious cannot be immediately obtained, it will be necessary to have recourse to such means as may prevent the return of the hæmorrhage. With the hope of accomplishing this, blood should be taken away from the arm, especially if the pulse be full, or there exists any degree of fever: the apartment should be cool, and the patient kept entirely still; particularly avoiding any exertion of the lungs, as in loud speaking, &c. Animal food, and even broths, must be strictly avoided, the diet being allowed to consist only of such things as contain but very little nourishment; and even these, only in small quantities. Nothing should be drank warm: the beverage which may be barley-water or toast and water, either acidulated with the juice of lemons, or not according to the inclination of the patient, must be taken as cold as possible; and stools may be procured by the use of some mild purgative, as lenitive electuary, manna, &c. By an attention to these

rules, and what has been already ſaid, when treating of hæmorrhage in general, the diſeaſe may commonly be prevented from increaſing, until proper aſſiſtance is obtained.

To prevent the return of this diſeaſe, the rules already laid down, muſt be carefully attended to; and to thoſe may be added, as particularly requiring attention, the injunction, that all exertions be carefully avoided, which detain, or which hurry, the blood, in its paſſage through the lungs; ſuch as ſinging, loud ſpeaking, running, coughing, lifting great weights, &c.

HÆMORRHOIDS, OR PILES.

The piles are ſmall round prominent tumors, formed near the verge of the anus. When blood is diſcharged from theſe tumors, they are termed the *bleeding piles*; when this is not the caſe, they are ſaid to be the *blind piles*; and when the diſcharge, or the uneaſineſs, proceeds from within the rectum, and no tumor appears externally, the diſeaſe is termed the *inward piles*.

The piles ſometimes come on without any previous ſymptoms; but, in general, they are preceded by ſymptoms, which evidently ſhew a plethoric ſtate of

of the ſyſtem; ſuch as giddineſs, pain and weight of the head, and pains in the back; and when the bleeding takes place, theſe ſymptoms generally go off. The quantity of blood varies in different caſes; in ſome, being very trifling, in others ſo conſiderable, as even to threaten the life of the patient. The diſcharge frequently, as in other hæmorrhages, becomes periodical. In ſome caſes, it ſeems to conſiſt of pure blood; but much difference is obſervable in this reſpect, ſince the diſcharge is, in other caſes, almoſt colourleſs.

The piles ſometimes come on, and continue ſome time, with but little pain, or inconvenience, excepting heat and itching about the fundament; but ſometimes they are from the firſt exeedingly painful, ſwelled and inflamed. In theſe caſes, if the means which are had recourſe to do not prove ſucceſsful, the pain and inflammation increaſe, until the whole ſyſtem becoming deranged, fever at length enſues. If the inflammation goes on to ſuppuration, the patient undergoes the utmoſt diſtreſs, and moſt excruciating pain; being often prevented from voiding either ſtools or urine, until ſupuration being completed, a diſcharge of the contained matter takes place, accompanied by an alleviating of almoſt all the diſtreſſing ſymptoms. In particular habits of body, and in caſes where the inflammation has been very conſiderable, they ſometimes

times terminate, not in ſuppuration, but in a gangrene, or mortification of the effected parts.

This diſeaſe moſt commonly happens to thoſe who are beyond the middle ſtage of life, and are of a relaxed habit of body, and melancholic temperament. Thoſe who have before ſuffered repeated loſſes of blood are, for the reaſons before aſſigned, particularly liable to attacks of this diſeaſe; and, for the ſame reaſons, thoſe who have been long ſubject to other diſcharges, ſuch as from ulcers, iſſues, &c. are frequently troubled with this complaint, upon thoſe diſcharges ceaſing. Want of exerciſe, and exceſſive indulgence in eating and drinking, particularly of highly ſeaſoned foods, wines, and ſpirituous liquors, are frequent cauſes of this malady. But the moſt frequent exciting cauſe of this diſeaſe, is the paſſing of indurated excrement, or the too free uſe of ſtrong purging medicines, as aloes, jallap, &c, But whatever circumſtances occaſion a fulneſs of habit, and diminiſhes the freedom of the circulation in the inteſtines, and in the inferior part of the body, may produce this diſeaſe.

In thoſe caſes where but little pain or inconvenience is produced, no applications will be neceſſary to the part, nor any internal medicine required, excepting ſome gentle laxative to be taken occaſionally. The ſymptoms, however ſlight, ſhould ſerve to admoniſh the patient of the neceſſity of his adopting the

the proper regulations in his diet, and mode of living; leſt the diſeaſe be augmented, or ſome more dangerous malady be induced. This is a moment which ought not heedleſsly to be paſſed over, ſince the diſeaſe being once permitted fully to form itſelf, a diſpoſition to future returns, ſucceeds; and this diſpoſition is increaſed by each freſh attack. On the other hand, ſhould the progreſs of the ſymptoms be checked, and the hæmorrhage ſtopped, without due precautions, a foundation may be laid for ſome more alarming and dangerous diſeaſe.

Since there cannot exiſt a doubt, but that very conſiderable miſchief is often the conſequence of patients themſelves, and of domeſtic practitioners adopting the opinion, that the hæmorrhoidal dicharge is not only innocent, but ſalutary, and even neceſſary; it cannot but be beneficial to endeavour to ſhew how far this opinion is correct.

A plethoric ſtate of the ſyſtem, in general, accompanies the firſt, as well as every ſubſequent attack of the piles. If this is not otherwiſe reduced, a bleeding from the piles takes place, and the equilibrium is thereby reſtored. But if the cauſes of this morbid ſtate of the ſyſtem are not removed, the fulneſs returns; the parts affected with the piles having been weakened by the previous diſtention, more readily become again loaded with blood, and the hæmorrhage

again

again takes place. Thus, ſucceſſive alternations of fulneſs and hæmorrhage are produced, until, at laſt, the returns of plethora become periodical, and even, in ſome meaſure habitual. When this is the caſe, if the hæmorrhage be prevented, without the neceſſary regulations being adopted, other diſeaſes, the conſequence of plethora, may be induced; and may be removed by the return of the hæmorrhage. But here let it be remarked, that theſe diſeaſes are attributable to the permitting of the hæmorrhoidal flux, at the firſt, inſtead of correcting thoſe diſorders of the ſyſtem by which it was occaſioned.

When the piles are accompanied with much pain, it is to be feared that ſuppuration may take place. Many applications are recommended for the piles, when they are become ſwelled and painful; but to be able to point out which of theſe is preferable, it is neceſſary firſt to know the actual ſtate of the parts, as the remedies which may be proper where inflammation has not taken place, may prove highly injurious where that ſtate of the parts exiſts. Inſtead of enumerating theſe, I ſhall, therefore, call the attention to the conſequences of neglecting to employ the moſt proper means in ſuch a caſe.

In moſt caſes of painful piles, more or leſs of inflammation is preſent. And if this inflammation is not ſucceſsfully oppoſed, it will ſoon extend itſelf to the adjoining

joining parts, not only producing the moſt excruciating pains in the fundament, but alſo in the neck of the bladder; occaſioning almoſt an entire ſuppreſſion of the urine. When this happens, the patient may be aſſured, that it will be with very great difficulty that a ſuppuration in the adjoining parts will be prevented. Should ſuppuration take place, the patient ſhould conſider, that he has now a much more diſagreeable diſeaſe to combat with, than before, and that the free and ſkilful exerciſe of the chirurgic art, alone can prevent him from ſuffering the inconvenience and pain of a fiſtula.

Where the inflammation is violent, and continues for ſome time, without any appearance of ſuppuration, an event may be reaſonably feared, by which the life of the patient muſt neceſſarily be brought into the moſt imminent danger. Hence it muſt plainly appear, that where the piles become inflamed, the moſt judicious exertions are neceſſary, to prevent the moſt ſerious evils from taking place.

The regulations of diet, exerciſe, &c. neceſſary for the prevention or removal of that ſtate on which this diſeaſe depends, may be learned from what has been already laid down in the immediately preceding chapters.

IMMODERATE

IMMODERATE FLOW OF THE MENSES.

It is not every variation in the period or quantity of this diſcharge that is to be conſidered as a diſeaſe, ſince every healthy female is not exactly alike in theſe reſpects; the diſcharge recurring, in ſome caſes at longer, and in others at ſhorter, periods; in ſome caſes in larger, and in others in ſmaller quantities; without the appearance of any circumſtance that points out the variation to be unnatural, or unequal to the neceſſities of the conſtitution. Slight deviations in theſe reſpects may alſo occur in the ſame perſon, without being accompanied by any mark of diſeaſe.

But when the diſcharge is conſiderably increaſed beyond its accuſtomed quantity; when its returns are at much ſhorter periods than uſual; eſpecially if preceded or accompanied by cold chills, ſucceeded by heat and thirſt, pain in the head and giddineſs, ſhortneſs of breath, and pain in the loins, it may be concluded, that it exceeds the natural and ſalutary quantity. If the diſeaſe is not now checked, other ſymptoms, the conſequence of exceſſive debility, ſoon come on; the face becomes pale, the feet are with difficulty kept warm, and become affected with an œdematous ſwelling; a fluttering and extreme ſinking is felt in the inſide; the ſtomach, inſtead of requiring food,

food, is almoſt conſtantly affected with nauſea; the pulſe is ſmall and frequent; the ſurface of the body is frequently covered with a cold ſweat, and extreme agitation or fainting is occaſioned, even by the ſlighteſt alarm. When the diſeaſe has proceeded thus far, a trifling circumſtance may produce an alarming change; a ſudden and copious diſcharge may be almoſt immediately ſucceeded by fainting, and even death; or the continuance of a diſcharge, not ſufficient to occaſion immediate diſſolution, may be productive of dropſy, and other complaints founded on extreme debility.

The increaſe, both in the frequency and the quantity of the diſcharge, may take place ſo gradually, and the miſchievous conſequences be induced in ſo inſidious a manner, that frequently the patient may be reduced to a dangerous ſtate of debility, before ſhe is ſufficiently alarmed to ſeek for aſſiſtance; or even before ſhe is convinced of the exiſtence of any diſeaſe.

Females who lead a life of indulgence and inactivity, and who have been weakened by frequent miſcarriages, difficult labours, and immoderate diſcharges from other cauſes, are particularly liable to this complaint; as well as thoſe who have ſuffered the ſuppreſſion of ſome long continued evacuation, or who have ſubmitted to frequent bleedings. Diſtreſs, and

anxiety of mind, indulgence in wine, and ſpirituous liquors, alſo diſpoſe to this complaint. The exciting cauſes of this diſeaſe, may be the ſame with thoſe already enumerated, when treating of the other hæmorrhages; to which may be added, as particularly likely to induce this ſpecies of hæmorrhage, ſudden frights, violent fits of paſſion, and the improper uſe of ſtrong cathartic and forcing medicines; particularly of the various pills, advertiſed under different titles, but which are almoſt wholly compoſed of aloes, ſcammony, and other violent draſtic purgatives; which have the power alſo of determining the blood into the uterine veſſels.

This hæmorrhage is not always an original complaint, it ſometimes being a ſymptom of ſome other diſeaſe. Ulcers, polypous concretions, ſcirrhous and cancerous affections of the womb, being frequently accompanied with this ſpecies of hæmorrhage.

When the various modes in which this diſeaſe makes its attacks are conſidered; being one while ſo violent, as to excite well founded fears of immediate diſſolution; at others, ſo inſidious as entirely to ſap the ſtrength of the conſtitution, and bring on diſeaſes the moſt difficult of cure, before the leaſt alarm is entertained by the unſuſpecting patient; the neceſſity of procuring early help muſt be obvious to every one. And when the variety of cauſes by which it may be produced

produced is alſo conſidered, not a doubt can be entertained of the imprudence and danger of truſting the cure of ſuch a diſeaſe, to the hazardous attempts of domeſtic quackery; eſpecially, ſince the hæmorrhage may, as has been juſt obſerved, be only the ſymptom of ſome other diſeaſe, which may be entirely overlooked and neglected; whilſt the endeavours made for the removal of the hæmorrhage muſt neceſſarily prove ineffectual, the diſeaſe on which it depends continuing unabated.

If an additional argument is neceſſary to prove the danger of ſuch interference, it may be derived from the conſideration, that the neceſſity of making that difficult and nice diſtinction between hæmorrhagy depending on increaſed vigour, and that which ariſes from the contrary ſtate of the ſyſtem, is more frequently required in this than in any other ſpecies of hæmorrhage. And as the diſeaſe may depend on either of theſe two oppoſite ſtates of the ſyſtem, endeavours for a cure which are made without neceſſary ſkill, may not only prove ineffectual, but, by promoting that ſtate of the ſyſtem on which the diſeaſe depends, may increaſe every ſymptom.

Directions for the management of this diſcharge, when it is not conſiderable, as well as for preventing its return, are here unneceſſary; ſince, in theſe caſes, there is no preſſure of haſte which ought to prevent application,

application, for the advice of the regular profeſſor of the healing art. When the hæmorrhage is ſudden and profuſe, the patient ſhould, as ſoon as poſſible, be deprived of every part of her clothing, which may occaſion the leaſt interruption to the free circulation of the blood, and be placed in an incumbent poſture, in a cool chamber, being covered but lightly with bedclothes. Every thing which is drank ſhould be as cold as poſſible, and cloths dipped in cold water ſhould be frequently applied to the loins and neighbouring parts.

VOMITING OF BLOOD.

When blood is brought up manifeſtly by vomiting, there can be no doubt of its proceeding from the ſtomach. An uneaſy ſtate of the ſtomach commonly, for ſome time, precedes this diſcharge. Pain in the region of the ſtomach, accompanied by anxiety, and a ſenſe of oppreſſion, is in general experienced, juſt before the coming on of the hæmorrhage.

If this complaint is the conſequence of a ſuppreſſion of the menſtrual, or hæmorrhoidal diſcharge, and is in a ſmall quantity, there may not be reaſon to apprehend much danger. But if the diſcharge is very conſiderable, and black grumous blood is diſcharged, both by vomiting and by ſtool, the diſeaſe is really alarming,

ing, and demands a careful enquiry as to its cauſe, and the moſt ſkilful exertions to effect its cure. Not a moment ſhould be loſt, but the beſt aſſiſtance ſhould be obtained as ſoon as poſſible. In the mean while, the means recommended in hæmorrhage from the lungs, may be employed. Thoſe who have ſuffered from this diſorder, ſhould, for ſome time afterwards, be very careful to take nothing into the ſtomach which may be likely to irritate it, or to produce vomiting. The mode of living ſhould, for ſome time afterwards, be ſimilar with that recommended after inflammation of the ſtomach.

VOIDING OF BLOOD FROM THE URINARY PASSAGE.

Blood diſcharged with the urine may proceed from the kidneys, the ureters, the bladder, or the urethra (the canal which conveys the urine from the bladder.) The part whence the diſcharge of the blood proceeds is to be diſcovered by attending to the ſymptoms which preceded, and which accompany the diſcharge. In general, it is a ſymptomatic affection of ſome diſeaſe, and by the cure of that only can be removed.

CATARRH.

At the commencement of this diſeaſe, the patient generally complains of wearineſs, and diſinclination to move; frequent thrills of cold, ſucceeded by tranſient gleams of heat, run through the whole frame; the head aches, and ſeems heavy, and the throat feels rough and dry. Soon after this, a ſlight difficulty of breathing, hoarſeneſs, and frequent dry cough, ſupervenes. Oftentimes the diſeaſe is accompanied with a heat and ſoreneſs of the eyes and noſtrils; a limpid, acrid liquid flowing conſtantly, both from the noſe and eyes.

As the diſeaſe proceeds, the ſkin becomes hot and dry, the pulſe hard and full, and the urine high coloured; the patient ſoon loſes all deſire for animal food, is reſtleſs and thirſty, and much harraſſed with the cough. After a little time, a ſmall diſcharge of mucus is produced by the cough, which gradually increaſes: the roughneſs and ſoreneſs of the throat, the fever, cough, and other ſymptoms, leſſening, as this diſcharge thickens; ſoon after which, the diſeaſe, generally, goes entirely off.

The progreſs of the diſeaſe, as here deſcribed, is, however, only to be met with in thoſe caſes where nature has been aſſiſted by well adapted means; or, at

at leaſt, has not been interrupted by improper interference. But where the diſeaſe, exiſting to a conſiderable degree, has been neglected; or where trifling caſes have been exaſperated by improper treatment; a variety of ſymptoms may ariſe, by which the real nature of the diſeaſe may be concealed from an uninformed practitioner, and the danger, of neceſſity, augmented.

Thoſe who have already ſuffered from this diſeaſe, are particularly liable to future attacks; thoſe alſo, whom previous indiſpoſitions have rendered it neceſſary to confine themſelves to the houſe, for a time, are very likely to be affected with this diſeaſe, at their firſt expoſure to the open air.

This diſeaſe is ſometimes produced by a ſpecific contagion; and when it thus occurs, it is obſerved to ſpread to a much greater extent than any other epidemical diſeaſe. But the moſt frequent cauſe of this malady is the too ſudden tranſition from one atmoſphere to another, much higher or lower in its degree of temperature.

When a perſon is affected with what he ſuppoſes to be a common cold, as it is termed, he generally either neglects it entirely, or attempts its removal by ſpirituous and heating drinks, hoping thereby to excite a ſweat. In the one caſe, the parts affected become ſo injured

injured and weakened, by the long continuance of the diſeaſe, as to be rendered particularly liable to future attacks; in the other caſe, there is the greateſt probability that the diſeaſe will be immediately aggravated, and perhaps additional diſorders occaſioned.

Where the nature of the diſeaſe is obvious, and where the breathing is perfectly free, the feveriſhneſs very ſlight, the appetite but little impaired, and the cough not very frequent, attempts may be made, by domeſtic treatment, to carry off the diſeaſe at its commencement. This may frequently be done, by bathing the feet and legs in lukewarm water, immediately before going into bed, and drinking freely of ſome warm diluting liquor, ſuch as barley-water, weak whey, &c. thereby exciting a free perſpiration.

The patient ſhould carefully avoid every circumſtance which may tend to quicken the circulation of the blood. Animal food, ſpirituous liquors, wine, beer, &c. ſhould be entirely omitted. The food ſhould only conſiſt of milk and vegetables, and their various preparations, ſuch as rice-gruel, panada, ſalop, ſago, &c. The drinks may be barley-water, pectoral decoction, infuſion of linſeed, bran-tea, &c. Theſe may be ſweetened with honey, and rendered pleaſantly acid by the addition of the juice of lemons or oranges.

In thoſe caſes where the cough is very frequent, the fever conſiderable, and the breathing interrupted by

by tranſient pains, or tightneſs of the cheſt, the management of the diſeaſe will require the utmoſt care and ſkill : ſince, if a proper mode of treatment is not early adopted, inflammation of the lungs will, very probably, ſoon ſucceed, which, if not ſpeedily detected and removed, will be too likely to terminate in a decline.

In thoſe perſons who have previouſly ſuffered from ſpitting of blood, or who have been at all diſpoſed to conſumption, it is abſolutely neceſſary that the moſt cautious and vigorous meaſures be purſued, at the very onſet of the diſeaſe ; as there exiſts not a doubt, but that, in ſuch ſubjects, *a common ſlight cold*, as it is termed, frequently proves the exciting cauſe of a conſumption.

The probability of conſumption immediately ſucceeding to inflammation of the lungs, muſt be readily conceived by any one, who has even the ſlighteſt knowledge of the functions of that organ. To ſuch, then, it muſt be ſufficient to give them the information, that this diſeaſe, the danger of which is ſo ſlightly eſtimated, is an inflammatory affection of the mucous membrane which lines the windpipe, and even its ramifications in the lungs. If this be duly conſidered, ſurely the probability of the inflammation extending itſelf to the ſubſtance of the lungs muſt appear ſufficiently evident, as well as the neceſſity of early adopt-

ing the moſt powerful means for the removal of the diſeaſe.

Nor is it to the firſt attacks of this diſorder only, to which I would call particular attention. Many caſes may occur, in which the firſt ſymptoms of the diſeaſe may be very ſlight ; and the diſeaſe may proceed without being characteriſed by any marks, which may lead to a ſuſpicion of danger ; but in which the cough may be tediouſly protracted. Frequently, when this is the caſe, the patient and his friends, deceived by the abſence of fever, and the ſmall inconvenience otherways experienced, allow the continuance of this injurious ſymptom, until ſuch miſchief is produced, as no ſubſequent care, or exertion, can remove.

From inattention and improper management, at the commencement of this diſeaſe, originates that affection of the lungs, which has been deſcribed as baſtard peripneumony ; true inflammation of the lungs, and conſumption, alſo frequently proceed from the ſame cauſe. From its frequent recurrence proceed conſtant and troubleſome accumulation of mucus, or phlegm, and aſthma.

The frequency with which this diſeaſe occurs, in this part of the world, and the ſlight degree of intereſt and alarm, which is, in general, excited by the expreſſion, *catching cold* by which this diſeaſe is commonly

monly deſcribed, to frequently occaſion that neglect, by which the foregoing maladies are produced.

Fully ſatisfied that vaſt numbers fall victims to the ſuppoſed inſignificance of this inſidious enemy, I have been anxious to diſplay to your view the danger of not oppoſing his attacks, however weak and trifling they may appear.

It frequently happens, that catarrhal complaints, even when not exiſting to an alarming degree, terminate, as has been already mentioned, in an affection of the lungs known by the name of baſtard peripneumony ; a diſeaſe which differs much from catarrh in its nature, and conſequently requires a very different mode of treatment. But this change may come on ſo gradually, and in a manner ſo little likely to excite the attention of a common obſerver, that much miſchief may ariſe, from not timely adapting the mode of treatment to the irritation which has taken place.

That truly dangerous malady, the croup, is very likely, eſpecially in the firſt ſtage, to be miſtaken for, and treated as, a ſimple catarrh, by thoſe whoſe judgment has not been formed by obſervation and experience. A miſtake in this point cannot but prove highly injurious ; ſince the ordinary remedies for catarrh, would prove of no effect in checking the rapid progreſs of this dreadful diſeaſe.

The

The cough, which frequently is very troubleſome, almoſt entirely engroſſes the attention of domeſtic practitioners, who, omitting the neceſſary regulation of diet, as well as the uſe of means likely to correct the febrile ſtate of their patients, frequently content themſelves with attempting to put a ſtop to the cough, by the exhibition of ſome opiate, as the Paregoric Elixir; which, in moſt caſes, will not only prove inadequate to the purpoſe for which it is given, but will ſeldom fail of conſiderably augmenting the diſeaſe itſelf.

Moſt of the noſtrums advertiſed as *cough drops* &c. are preparations of opium, ſimilar to the paregoric elixir of the ſhops; but diſguiſed, and rendered more deleterious, by the addition of aromatic and heating gums. The injury which may be occaſioned by the indiſcriminate employment of ſuch medicines, in this diſeaſe, may be very conſiderable; as is well known to every perſon poſſeſſing, even the ſmalleſt ſhare of medical knowledge.

It would undoubtedly be rendering a great benefit to ſociety, if ſome medical man were to convince the ignorant, of the pernicious conſequences of their reliance on advertiſed noſtrums: but, unfortunately, the ſituation in which medical men ſtand, is ſuch, that their beſt intentioned, and moſt diſintereſted exertions for this purpoſe, would not only be but little regarded,

regarded, but frequently would be even imputed to baſe and invidious motives. Thoſe to whom they have to addreſs their admonitions, are, unhappily, thoſe, on whom reaſon has leaſt influence. "Prithee, Doctor," ſaid an old acquaintance to a celebrated empiric, who was ſtanding at his door, "how is it, that you, whoſe origin I ſo well know, ſhould have been able to obtain more patients, than almoſt all the regular bred phyſicians?"—"Pray," ſays the quack, "how many perſons may have paſſed us whilſt you put your queſtion?"—"About twenty."—"And pray how many of thoſe do you ſuppoſe poſſeſſed a competent ſhare of common ſenſe?"—"Perhaps one out of the twenty."—"Juſt ſo," ſays the Doctor, "and that one applies to the regular phyſician; whilſt I and my brethren pick up the other nineteen."

Thoſe who have ſuffered from this diſeaſe, are, I have already remarked, very liable to its future attacks; and from what has already been ſtated, it cannot but be evident, that moſt ſerious miſchiefs may follow its frequent recurrence. The ſtricteſt care, therefore, ſhould be taken, to avoid thoſe circumſtances, which, a little conſideration will ſhew, may, if not properly attended to, become powerful exciting cauſes of this diſeaſe.

The ill effects of too ſuddenly paſſing into an atmoſphere, conſiderably higher or lower in its degree of temperature,

of temperature, than that which has been juſt quitted, have been already deſcribed, when ſpeaking of the prevention of inflammation in general. To the admonitions there given, I muſt beg you to revert; with a confidence, that as this circumſtance is one of the moſt frequent cauſes of catarrh, an attention to what is there delivered may be here of the utmoſt importance.

In guarding againſt this diſeaſe, conſiderable advantage is to be gained by a due regulation of the clothing. This ſhould be neither too thin, nor ſo irregularly diſpoſed, as to leave one part of the body naked, whilſt the reſt is even loaded by warm clothing. In children, and young folks, this error is too frequently obſervable. The former we generally ſee, with their legs and arms uncovered; and the necks and cheſts of the latter are often expoſed, unguarded, to the utmoſt ſeverity of the cold. "In every region, we may obſerve external warmth to be nearly as neceſſary as internal nouriſhment, for the young of almoſt every animal. Warm rooms and impure air may enervate the body, but warm clothing can never be injurious in cold weather. I am ſo thoroughly convinced, that pure air and a warm ſkin are indiſpenſibly neceſſary for children, that I never behold them with naked breaſts, legs, and arms, however hardy and robuſt, that I do not anticipate the horrid

conſequences

conſequences of *angina* of croup, or of pectoral or inteſtinal inflammations." *

The remarks of Dr. Beddoes on this point are particularly intereſting, as they are properly directed againſt a moſt ſilly, but prevailing notion. "In children, it is of the utmoſt conſequence to keep the body cool, but never to ſuffer it to be cold. Thus, without being enervated, they may eſcape the fatal conſequences of heat ſucceeding quickly to cold; for it is not true, as ſeems, in conſequence of an analogy more or leſs diſtinctly conceived, to have been frequently imagined, that cold hardens children as it hardens ſteel." †

I never witneſs the cruel perſeverance in this pretended mode of hardening children, in which the weak and ſickly hardly ever eſcape, but it calls to my mind the practice of thoſe nations, who, determined to ſecure a hardy race, decree the decriped and infirm to be expoſed to periſh, in the woods and deſerts.

The uſe of flannel, and of the fleecy hoſiery, cannot be too much urged as a preventive of this diſeaſe; but, unfortunately, thoſe who think catarrhal affections are of too little moment to call for much trouble in avoiding them, are generally too ready to evade

* Medical Spectator, vol. i. p. 367.

† Obſervations, &c. by Dr. Beddoes, p. 162.

evade the adoption of this meaſure, on the moſt trifling objections ; the chief of which is, however, the uneaſineſs ariſing from the irritation it occaſions to the ſkin. But rather than the important advantages to be gained by this mode of clothing ſhould be loſt, the flannel may be worn over the ſhirt. Indeed, in thoſe caſes where there has been much weakneſs produced by preceding diſeaſes, or where advantage is not expected to be derived from irritating the ſkin, this mode of wearing flannel is preferable to that of wearing it next the ſkin. Remembering that it ſhould be removed at night, with the other daily clothing ; and that the ſame attention be paid to its cleanlineſs, and frequent renewal.

Thoſe who are liable to this diſeaſe, ſhould be alſo exceedingly cautious in their mode of living. Their diet ſhould be light and ſimple, conſiſting more of vegetable than of animal ſubſtances. Milk, in various forms, ſhould conſtitute a conſiderable part of their food. Spirituous liquors ſhould be entirely avoided, and wine and beer ſhould only be taken in ſmall quantities ; by children, theſe alſo ſhould be quite omitted.

The neceſſity of avoiding the air ruſhing in a ſtream from the crevice, or the opening of a door or window, muſt be ſo obvious, as not to require to be enlarged upon. Laying in damp beds, and ſitting in wetted rooms,

rooms, are ſo well known to be productive of injurious effects, that it can hardly be neceſſary to urge the ſtricteſt care in avoiding ſo open an enemy.

But there is one negligent, or cruel practice, which cannot be too ſeverely reprehended; ſince, from the frequent inſtances of dangerous diſeaſes, which have been ſuppoſed to have ariſen from this cauſe, there is too much reaſon to fear, that inattention, in this reſpect, is too frequent. Large rooms, which, being reſerved for the purpoſe of receiving company, are ſhut up for many days, and even ſometimes for weeks together, in damp and cold weather, are frequently uſed, with only the precaution of having a fire lighted in them an hour or two before the viſitors arrive. The fire not having yet ſufficiently warmed the room; and the furniture, particularly the curtains, carpeting, and chair-ſeats, being impregnated with a conſiderable quantity of moiſture, which begins to evaporate as the room becomes warm, the unfortunate objects of this ceremonious, and dangerous diſtinction, are expoſed to the joint action of cold and moiſture. That conſiderable injury may follow, there is little reaſon to doubt; eſpecially as the dreſſes of the perſons who are thus expoſed to the influence of theſe circumſtances, are, at theſe times, more light and airy than their uſual clothing; and are, conſequently, but little calculated to defend them from ſuch powerfully combined adverſaries.

CONVULSIVE ASTHMA.

The ingenious Dr. Robert Bree, of Birmingham, was himſelf the object, he ſays, of the attacks of this diſeaſe, and might poſſibly, he thinks, have had a proſpect of long complaining of its tyranny, if a determined reſolution to deviate from the common path of practice had not occaſionally yielded inſtruction, and given a baſis for further experiment. From the year 1787, he examined the forms of aſthma with increaſed induſtry, and was ſupplied with more numerous opportunities of trying the force of remedies in the paroxyſms (having made experiments in one hundred and thirty paroxyſms) than can generally occur in a practice of ten years, where the motives for enquiry are leſs perſonal to the phyſician.

From an attentive conſideration of the ſubject, he diſcovered, that aſthma in general is the conſequence of irritation of the lungs, and that this may be produced by acrid effluvia in the lungs, but is moſt frequently occaſioned by an effuſion of ſerum in the veſiculæ of the lungs. Other leſs frequent ſpecies he alſo enumerates; but theſe it is unneceſſary to notice, ſince all that is here intended to be done, is to enable you to form ſuch an idea of the diſeaſe, and of the cauſes on which it depends, as will enable you to ſee the propriety of the directions for the conduct of the patient,

patient, which I ſhall preſume to extract, for the advantage of aſthmatics. It is far from my intention to attempt to furniſh inſtructions to *practitioners of both ſexes*, for the cure of this diſeaſe, being fully convinced, with the author of this valuable treatiſe, that "No written rules will ſupply the defect, which, in this diſorder, as well as others, the ſagacity and obſervation of experience can alone remedy."

Wherever indigeſtion prevails, which may be known by want of appetite, flatulent diſtentions and pains of the ſtomach, heart-burn, &c. there are we to expect that aſthma alſo may occur. Indeed, ſo connected are theſe diſeaſes, that aſthma hardly ever takes place, but flatulence, and other ſymptoms of indigeſtion, are, at the ſame time, diſcoverable.

This circumſtance, if duly conſidered, muſt neceſſarily impreſs thoſe who ſuffer the inconveniences of indigeſtion with a ſtrong conviction of the neceſſity of early oppoſing it with requiſite remedies; and of ſubmitting to thoſe regulations which may be pointed out, leſt the diſtreſſes ariſing from aſthma be ſuperadded. Again, from conſidering the dyſpeptic condition of patients diſtreſſed with aſthma, and the connection which appears to exiſt between the two diſeaſes, the neceſſity of correcting indigeſtion, and of attending to a proper regimen, muſt be very evident to the aſthmatic.

Errors

Errors in diet, Dr. Bree obſerves, are a copious ſource of inconvenience to the aſthmatic. Under this head he ſpecifies, drinking too much ſtrong liquors, or liquors full of carbonic acid, or fixed air, with aceſcent materials in the compoſition, ſweet wines, and new beer. Profuſe indulgence in the uſe of tea, and warm watery liquids of all kinds, are exciting cauſes of aſthma. Heavy ſuppers, eating between meals, and, generally, all food of difficult digeſtion, may produce the ſame effect; ſuch are, ſmoked meats, paſtry, fat pork or beef, water-fowl, raw vegetables, ſallads, and unripe fruits; alſo boiled cabbage and carrots, rich ſoups, jellies, and ſauces.

Theſe alimentary ſubſtances are not readily governed by the ſtomach of an aſthmatic, but remain till a fermenting proceſs takes place; and, if purging or vomiting brings no relief, the paroxyſm may be excited; even when theſe evacuations occur, this conſequence is not often prevented. The aſthmatic, he juſtly obſerves, muſt rigidly believe, that his paroxyſms may be more frequent, or the intermiſſions longer; according as the ſeductions of the table are too powerful for his prudence, or are reſiſted by his care. Intoxication and ſurfeit are ſo conſpicuous among the worſt of his enemies, and can have ſo little allurement where the habit is infirm, that an aſthmatic is not to be ſuſpected of ſuffering from the excitement of theſe groſs errors.

The

The atmoſphere produces effects on the aſthmatic, by ſeveral changes. When the mercury in the barometer ſtands as high as thirty inches, the denſity of the air is ſufficient, *cæteris paribus*, to preſerve the intermiſſion of his diſorder; and alterations from this ſtandard to a lower, will be, according to circumſtances, unfriendly. Beſides a change from this degree of denſity, the ſtate of the air may be cold or warm, cold and moiſt, or warm and moiſt; and rain, ſnow, or froſt, ſtorms and fogs, may give additional impreſſion; but ſlight in compariſon of the ſtate (the diminiſhed denſity of the air) which occaſions their appearances. When vapours hang low, we have a certain index of the diminiſhed denſity of the air, which would otherwiſe carry them off; and that the cauſe of their low ſuſpenſion is really a ſtate of atmoſphere, producing, at the ſame time, the diſorder of the reſpiration.

If to the lightneſs of the air, *moiſture* is added, the operation of its influence may be more injurious; and has frequently been felt in various ſituations, when the prediſpoſition to aſthma was not preſent.

Cold and moiſture check cutaneous perſpiration, and diminiſh the heat of the lungs; and is thereby hurtful to the aſthmatic.

Cold alone will not uſually excite the paroxyſm, though there are ſtates of the atmoſphere, which are very

very injurious, without the poſitive preſence of aqueous vapour, or moiſture.

The Eaſt and North-Eaſt winds, not only chill the lungs, and make their capillaries paſſive, and incapable of contracting on their contents; but they check cutaneous perſpiration, inducing another cauſe of aſthma in catarrh.

Changes to rain or ſnow affect the aſthmatic, becauſe of the decreaſe of weight in the air, which gives occaſion to theſe alterations.

Storms, of any kind, are uſually attended with ſudden rarity of atmoſphere; and according to the prevalence of exceſſive heat or cold accompanying the change, the aſthmatic will be more or leſs affected.

Active motion in a warm air, with frequent reſpirations, produces great increaſe of exhalation from the ſuperficial capillaries, and from the lungs. The diſſipation of heat, by this means, is productive of the moſt ſevere fits of aſthma. Heat may be carried away from the body, by other means, beſides exhalation; and this effect takes place in froſty weather, but not uſually with the ſame conſequences to the aſthmatic.

Profuſe bleeding, ſpontaneous or artificial, has brought on aſthma, in ſome inſtances; and violent purging or vomiting may be an exciting cauſe of the paroxyſm.

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A critical attention is neceſſary to the calls of the ſtomach, and the power of that organ to perform digeſtion. The firſt ſhould never be neglected, and the latter never oppreſſed. If the ſtomach is loaded, the fit will be more violent, than after the occaſional cauſe of faſting. The *want of food*, or an abſurd *neglect of regular meals*, will as certainly excite the paroxyſm in ſome aſthmatics, as a moderate and light ſupper of tender animal food will alleviate the ſymptoms in others.

Faſting is not only an exciting cauſe of aſthma, but it will, according to its extent, increaſe the prediſpoſition to the diſeaſe, by lowering the heat of the body.

A ſudden increaſe in the impulſe of the circulation, one cauſe of which may be *rapid or violent bodily motion*, may excite the paroxyſm of aſthma.

The ſuppreſſion of the hæmorrhoidal or menſtrual flux may occaſion dyſpnœa, or a paroxyſm of the aſthma.

Repelled eruptions or gout may, according to the habit in which the circumſtance occurs, produce either dyſpnœa aſthma, or peripneumony.

Duſt of any kind, metallic fumes and fetid ſmells, and ſtrong perfumes, ſhew their effects on an aſthmatic, by exciting a paroxyſm.

The *ſmoke of tobacco* is, in moſt caſes, offenſive to the

the aſthmatic; and even when the habit of inhaling the fume is purſued, and abſurdly thought to be a remedy for the diſeaſe, by thoſe who miſtake the great excretion of ſaliva for a neceſſary evacuation, the patient ſtrengthens the prediſpoſition to this diſeaſe. It is affirmed, that ſmokers are aſthmatic; and Diemerbroeck found their lungs dark coloured, approaching to black, and ulcerated. Sir J. Floyer mentions a patient, who ſmoked to cure a pain in the ſtomach, and by this means acquired the aſthma.

The *aerial carbonic acid*, or *fixed air*, is an exciting cauſe recorded by Sir J. Floyer. I have known, Dr. Bree ſays, the inſpiring of the vapour of fermenting ſubſtances in brewing, to be followed immediately by the paroxyſm.

The *paſſions of the mind* may excite a paroxyſm, or ſtrengthen the prediſpoſition to it. Severe ſtudy affects the digeſtive powers, and therefore promotes prediſpoſition.

It is not my intention, in a diſeaſe ſo alarming, to pretend to furniſh the domeſtic practitioner with a regular plan of treatment, nor even to particulariſe the ſeveral remedies which may be demanded in its ſeveral periods. I ſhall be ſatisfied with making ſome remarks on thoſe remedies which are particularly demanded by the diſtreſsful ſtate of the paroxyſm, and which are generally within the reach and management of

of domeſtic practice ; as well as on ſome of thoſe which alarm may prompt to the employment of, in defiance of the probability of dangerous miſapplication.

Emetics are frequently employed with ſucceſs in abating the violence of the paroxyſm ; eſpecially where the exiſtence of indigeſted matter in the ſtomach is pointed out. But much judgment is neceſſary to enable any one to determine the extent to which the operation is to be carried. In ſome caſes, ſtrong vomiting may be neceſſary, and in others only nauſea, and ſlight urgings to reach.

In ſevere fits of the ſuffocative aſthma, the patient will frequently inſiſt, in ſpite of the ſtrongeſt remonſtrances, that he may loſe blood, and ſometimes with ſuch a degree of pertinacity as is impoſſible to reſiſt. But the aſthmatic ſhould conſider this point, in the leſs hurried moments of intermiſſion ; he ſhould then reaſon with his medical attendant, and carefully attend to his arguments, that his mind may be ſo armed, as to prevent him from ſoliciting for, and even inſiſting on, the performance of that which will have but little chance of rendering him any ſervice, but which will, moſt likely, occaſion an increaſe of that debility which helped to conſtitute the prediſpoſition to the diſeaſe. Dr. Bree, ſpeaking of the effects of bleeding in the moſt common ſpecies of this diſeaſe,

ſays, "I have repeatedly directed it, but have never "had reaſon to think that the paroxyſm was ſhorten-"ed an hour by the loſs of blood; and I have often "been convinced, that expectoration was delayed, and "more dyſpnœa remained in the intermiſſion, than "was common after former paroxyſms. In old "people, who have been uſed to the diſorder, it is "certainly injurious."

The gum ammoniac and ſquills, may be frequently employed with advantage. But the ordinary oily emulſions, and heavy clogging mixtures, are rarely of any uſe; and indeed, by the interruption they may occaſion to the proceſs of indigeſtion, they muſt, more commonly, rather promote than remove the diſeaſe.

Bliſters ought not to be employed, in this diſeaſe ſo indiſcriminately as is generally the caſe. Their operation is not ſufficiently rapid to expect much advantage from them, during the paroxyſm; and it ſhould be remembered, that in every caſe where either they or iſſues are employed to procure a continued diſcharge, if the caſe be not ſuch as to require evacuation, injurious weakneſs, in proportion to the diſcharge, will be produced.

The experiments and obſervations, of which I have ſpoken when treating of conſumption, ſhew that conſiderable advantage may be derived from breathing air

air containing more than the ordinary proportion of *oxygen*.

The acid of vinegar, diſtilled vinegar, or, if that cannot be readily obtained, common vinegar, in a doſe of two table-ſpoonfuls, with an equal quantity of cold water, is a remedy, from which relief may be frequently obtained in the paroxyſm. Dr. Bree ſays, that in aſthma proceeding from the irritation of mucus, vinegar is the moſt uſeful medicine, in the paroxyſm, which I have tried.

Warm bathing, he remarks, is hurtful in every ſpecies of aſthma: but, he aſſerts, upon numerous trials of its efficacy, that there is no ſingle remedy of more value, in all ſpecies of the complaint, during the abſence of the paroxyſm, than the cold bath.

Having already pointed out the connection between aſthma and a weakened ſtate of the ſtomach, the neceſſity of having recourſe to thoſe means which may give tone to this bowel, and thereby aſſiſt digeſtion, muſt be obvious. But the aſthmatic ſhould alſo conſider, that to accompliſh this end, a patient and reſolute perſeverance in the courſe of medicines which may be preſcribed for this purpoſe ſhould be adopted. On nothing leſs can any hopes of benefit be placed.

With the hope of preventing returns of the diſeaſe, the

the patient ſhould be very ſtrict in the diet he employs. From the obſervations on the cauſes of this diſeaſe, above mentioned, the aſthmatic will learn what errors of diet ſhould be avoided: and to the rules he there obtains, he may add the following. His food ſhould not be generally fluid and poor—watery gruels and broths are therefore improper, the ſtomach requiring ſolids. Vinous drinks alſo ſhould be avoided. Acidulated water, milk and water, with toaſted bread or biſcuit; rice boiled in broth until it is ſoft, without fat, are ſuited to the paroxyſm. Hot liquors are always improper. Cold water is taken with great benefit; and, if acidulated with vinegar, its good effects are often very conſiderable.

A ſtrong infuſion of coffee was recommended by Sir J. Pringle, as a powerful medicine in the paroxyſm. It was alſo ſucceſsfully employed by Floyer. Dr. Percival alſo recommends its uſe. Dr. Bree alſo adviſes its employment medicinally.

In juſtice to Dr. Bree, I muſt here obſerve, that the leading points in this article are extracted from the Doctor's valuable obſervations. It may be conſidered as very advantageous to thoſe who labour under any particular diſeaſe, to have an intelligent phyſician a fellow ſufferer. Independent of the nearer and ſtronger intereſt which muſt neceſſarily impel him to the earneſt conſideration of the nature of the diſeaſe, his

his opportunities of inveſtigation are infinitely ſuperior to thoſe of others, whoſe enquiries are always likely to be productive of leſs information, on account of the vague and inconcluſive deſcriptions contained in the anſwers they receive. He is much better able to connect cauſe and effect; and to mark the conſequences, beneficial or injurious, which proceed from the ſeveral kinds of diet, the changes of the atmoſphere, and various other circumſtances. Having the means of experiment always in his power, he is able to employ, on the ſpur of the moment, whatever judgment may ſuggeſt, or neceſſity may demand. In a word, his experiments on the diſeaſe muſt be numerous, and his obſervations conſtant.

Should a phyſician preſent to the world his obſervations, made under theſe circumſtances, the benefits to his fellow ſufferers muſt be ineſtimable: in his publication they find a uſeful itinerary, which points out to them the roads they ſhould keep, as well as thoſe they ſhould avoid. It calls their mind from the uſeleſs contemplation of objects affording neither inſtruction nor pleaſure, and directs its attention to thoſe which are at once both important and uſeful. Such a publication is that from which I have ſo freely taken the chief of the foregoing practical obſervations.

HOOPING

HOOPING COUGH.

This infectious diſeaſe is ſufficiently known: a deſcription of it is therefore unneceſſary. It may be, however, proper to remark, that it often commences with the ſymptoms of a common catarrhal cough, or cold, and may exiſt ſome little time before the characteriſtic hoop is heard.

There is, perhaps, hardly any diſeaſe, for which ſo many noſtrums are recommended. Omitting the mention of thoſe which are ſo freely recommended by well meaning matrons, I ſhall here only allude to thoſe advertiſed noſtrums, which, with ſo many alluring promiſes of ſucceſs, are artfully foiſted on the public. From the frequent adoption of theſe, I am well aſſured, the lives of many children are loſt; but previous to advancing my reaſons for this ſuppoſition, I will make a few remarks on one circumſtance, which may occaſion parents to place ſo much reliance on theſe dangerous means.

This diſeaſe has no determined period for its termination, it diſappearing much ſooner in ſome caſes than in others; but ſeldom, however, exceeding three or four months in its duration. Frequently a happy change will take place very ſuddenly, and without any obvious cauſe: the fits becoming more and more

ſlight,

ſlight, every day, and the hoop as rapidly declining. A diſeaſe, thus uncertain in its termination, muſt be very favourable to the character of any noſtrum, employed with the hope of procuring its removal.

Suppoſe this pretended remedy to be taken by any given number of children, and conſider, that it muſt be given either towards the beginning, the middle, or the end of the complaint. It muſt be fair, then, to conclude, that in one-third of theſe caſes, it will be given near to that period, when the diſeaſe would of itſelf have gone off. Indeed the proportion might be ſuppoſed to be much greater than one-third, ſince it moſt commonly happens, that in the greater number of caſes where theſe noſtrums are had recourſe to, the time employed in the trial of other various means has brought the diſeaſe near to the period of its concluſion; and the very circumſtance of having employed ſo many things before, without ſucceſs, is employed to arrogate the more merit to the declared ſpecific.

If no injury were the reſult of theſe quackeries, they would here have eſcaped mention. But during the continuance of this malady, there are ſeveral circumſtances which require ſuch particular attention, that, if neglected, they will moſt probably occaſion the death of the patient: and, unfortunately, the parents relying entirely on the infallibility, which the deceptive advertiſement attributes to the miſchievous noſtrum;

trum; and complying exactly with the terms demanded, that no other medicine be taken, neglect all leſs notices of danger, until, ſeeing their child arrived almoſt at the point of death, they, too late, apply for regular aſſiſtance.

It is true, that phyſicians do not poſſeſs a ſpecific, which will directly remove this diſeaſe; and the acknowledgment of this, is another inducement to the alarmed parent to fly to noſtrums; but they muſt be informed, that ſuch a ſpecific will be ſought with as little ſucceſs from the empiric, as from the phyſician. The latter is, however, enabled, by an attention to the different ſymptoms which ariſe, in the progreſs of the diſeaſe, ſo to conduct its courſe, by abating the violence of the ſymptoms, that it ſhall rarely prove fatal.

The moſt dangerous circumſtance that ariſes in this diſeaſe, is ſhortneſs of the breath; ſince, whenever, this occurs to any conſiderable degree, there may be great reaſon to ſuſpect, that inflammation of the lungs has taken place. In this caſe, bleeding, bliſtering, and other appoſite means, adapted to the age and ſtrength of the patient, will generally afford ſpeedy relief; but, on the contrary, ſhould any noſtrum be here relied on, it is moſt probable the child would ſoon be loſt. So alſo the ſpaſmodic affection, which ſo ſtrongly marks the diſeaſe, becomes ſometimes ſo violent

violent as to threaten ſuffocation, during each fit of coughing; and here the greateſt benefit is derived from well adapted antiſpaſmodics. Thus alſo the accumulation of phlegm, increaſe of fever, &c. demand their appropriate remedies; and common ſenſe muſt be convinced, that all theſe neceſſarily varying properties, are not likely to be found in one boaſted noſtrum.

Much reliance has been placed on removing children afflicted with this diſeaſe into a different air from that which they have been accuſtomed to breathe: beneficial effects, it is ſaid, have proceeded from the change, when even the patient has been removed into air leſs pure than that he had left.

Theſe ſalutary effects, which the experience of parents and nurſes, unwarped by hypotheſis, has ſo ſtrongly marked, when contemplated by the aid of that light which the late diſcoveries in pneumatic chemiſtry afford us, furniſh ſtrong evidence in favour of the employment of airs differing in purity, in ſeveral of the diſeaſes incident to the human body.

I have often been ſurpriſed, that this circumſtance has not been noticed by Dr. Beddoes, Thornton, and other gentlemen, who have made pneumatic medicine particularly their ſtudy. It has, indeed, not merely excited my ſurpriſe, it has occaſioned my regret; ſince the practical deduction I ſhall, perhaps, too feebly make, might have proceeded from their pens,

with ſuch clearneſs and force, as might have been productive of much greater good.

When treating of conſumption, I endeavoured to ſhew you, that the *oxygen*, or purer portion of the air, is the beſt and moſt natural ſtimulus to the lungs, and to the whole ſyſtem, in thoſe caſes, where there exiſts difficult reſpiration, accompanied with a debilitated ſtate of the ſyſtem : and that the *azotic*, or more impure portion of the air, has been found to be highly beneficial in the contrary ſtate of the ſyſtem ; where too much action, manifeſted by inflammation, catarrh, and ſpitting of blood, menance a termination in conſumption.

In the hooping-cough, both theſe ſtates are, at different times, found to prevail ; and ſurely, it is not at all improbable, that theſe advantages have been the conſequence of a fortunate coincidence ; and that, where ſucceſs has followed the change of air, it has been when during an inflammatory ſtate, the change has been for air leſs pure ; and in the contrary ſtate, where the removal has been from the cloſe air of town, to the purer air of the country.

From the foregoing premiſes, we have certainly a right to conclude, that inſtead of indiſcriminate changes from one ſituation to another, the air ſhould be choſen, according to the principles juſt laid down—that in thoſe caſes where diſpoſition to inflammation is

is evident, the impure air of a town ſhould be preferred; and that, in thoſe caſes where a great degree of debility, and of difficulty of reſpiration, threaten dropſy of the cheſt, &c. the purer air of the country ſhould be obtained.

It can hardly be neceſſary to remark, that in thoſe caſes where the docility of the patient, and the facility of procuring the neceſſary apparatus, and the required air, render the experiment eaſy to be made, it will be adviſable to try the effects of reſpiring the hyperoxygenated air in the one caſe, and of the impure, hydro carbonate air in the other.

That the advice of a phyſician would be deſirable, to point out the proper plan to be adopted in theſe caſes, muſt be very obvious; and particularly ſo, when it is conſidered, that the medicinal effects of air, differing in purity from the common atmoſpheric air, is but a late diſcovery; that phyſicians are not yet determined, how much may be fairly attributed to their employment; and that from the induſtry with which this part of the healing art is cultivated, daily information may be expected to be obtained. In the preſent imperfect ſtate of pneumatic medicine, much real ſcientific information is neceſſary in thoſe who employ it.

DYSENTERY,

DYSENTERY,
OR
BLOODY FLUX.

This diſeaſe, in general, commences with griping pains about the naval, accompanied with a frequent deſire to void ſtools. Sometimes theſe complaints are preceded by cold ſhiverings, to which fever ſucceeds. The gripings and ſtools ſoon become very frequent; the functions of the ſtomach become conſiderably impaired; the appetite is loſt; nauſea, ſickneſs, and ſometimes frequent vomitings, take place. The ſtools are in ſmall quantities, and compoſed almoſt entirely of mucus; at times mixed with blood, which in ſome caſes appears in the mucus, in ſtreaks; and, in others, pure and unmixed. Small pieces of membranous films, and hardened excrement, are alſo obſervable in the ſtools, which are highly offenſive, and of a ſmell peculiar to this diſeaſe. In general, the diſeaſe is accompanied, through its whole courſe, by a fever of a malignant kind; but ſometimes, the fever ſoon leſſens, although the dyſenteric ſymptoms continue.

Children and aged perſons, and thoſe who have been weakened by former diſeaſes, are much endangered by attacks of this diſeaſe; and even thoſe who are

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in the prime of life, are frequently ſo affected by it, as to give very juſt cauſe of alarm.

If the gripings become more ſevere, and the ſtools more frequent, whilſt the quantity diſcharged by them diminiſhes; eſpecially if the fever increaſes, the diſeaſe may be concluded to be getting worſe. If the gripings ceaſe entirely, and the diſcharge is of a dark ſanious matter, the pulſe becoming exceedingly ſmall and quick, and the patient covered with a profuſe cold ſweat, a gangrene may be ſuppoſed to have taken place, and a ſpeedy diſſolution may be expected.

A favourable termination may be hoped for, when the gripings and ſtools become leſs frequent, and the diſcharge aſſumes a natural appearance.

It however frequently happens, that after the diſeaſe has aſſumed a more favourable appearance, and the patient is ſatisfied that his recovery is almoſt complete, the diſeaſe will continue without any farther amendment; inducing a train of diſeaſes, which, unleſs well adapted means are employed, muſt be productive of much ſerious miſchief.

It too frequently happens, that this diſeaſe is allowed to exiſt for ſome time before the patient, who ſuppoſes it a common looſeneſs, acquires a knowledge of the nature of his complaint; in conſequence of which it is permitted to run on until it becomes ſo inveterate,

inveterate, and the patient ſo much weakened, as to render the cure very difficult to accompliſh.

To conduct a patient ſafely through this diſagreeable and alarming diſeaſe, demands much care and ſagacity on the part of the phyſician, and the ſtricteſt attention and moſt implicit obedience from the attendants. The cure of this diſeaſe depends in a great meaſure, on the removal of the excrements which are morbidly retained in the bowels; and, conſequently, on the producing a fæcal diſcharge of a natural appearance. To effect this, purgative medicines, with occaſional clyſters, ſhould be employed. But this mode of practice is very little likely to be followed by domeſtic practitioners, who cannot be made to comprehend the principle on which it is founded. To them it will appear, not only incompetent, but even ſevere and injurious. They cannot conceive how a purging is to be removed by increaſing the diſcharge; or how griping pains are to be leſſened, but by the uſe of warm and aromatic remedies. They therefore often take the liberty, not only to ſuſpend the adminiſtering of the remedies preſcribed; but to ſubſtitute for them thoſe things which, in their opinion, will ſooner remove the ſymptoms: endeavouring to ſtop the purging by the moſt powerful aſtringents, and to leſſen the gripings by aromatic and ſpirituous drinks.

So

So far is it from being safe to trust the management of this disease, to any one whose only knowledge respecting it is derived from some treatise on domestic medicine, that it is difficult to convey to such, information sufficiently explicit, on the article of diet alone, to enable them to adapt it to the different cases of this disease. The age and strength of the patient, the state of the system, and the different stages of the disease, all require to be considered, before a fit regimen can be determined on.

If the disease be accompanied by inflammation, the food should not only be confined to a liquid form; but should also consist of those things which are simple, and are of a cooling nature; such as barley-water, thin panada, or thin gruel, made from flour or rice, &c. &c. Where there are no marks of inflammation, the diet may be more nutritive; but should still consist chiefly of liquids. To the articles above mentioned may be added broths of various kinds, calves feet jelly, &c. If the fever accompanying the disease is of a putrid nature, the patient should take freely of ripe fruits, the juice of ripe oranges, and currant jelly, may be added to the drinks. In general, the diet may be more nourishing, after the disease has existed some time; and particularly so, if the patient has been weakened by preceding diseases, or is either of a tender or an advanced age.

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The chamber ſhould be frequently ſupplied with freſh air, and filled with the fumes of vinegar, &c. The clothing of the patient, as well as the bed-clothes, ſhould be frequently renewed; and every thing productive of offenſive ſmell ſhould be removed as ſpeedily as poſſible.

To prevent a return of the diſeaſe, to which the patient will be liable, moderate exerciſe may be employed in the open air, in that degree, and in that mode, which his ſtrength will permit. A tea-cupful of camomile tea, or of decoction of bark, may be taken three times a day. The diet ſhould not conſiſt too much of animal food; and ſpirituous and fermented liquors ſhould be entirely avoided. The bowels ſhould be kept in a ſtate of regularity, and ſhould be guarded from cold by additional clothing.

APOPLEXY.

In this diſeaſe, the whole of the ſenſes, and of the voluntary motions, are in ſome degree aboliſhed, whilſt the actions of the heart and lungs continue. The appearance of the patient is that of one in a deep ſleep; the breathing being moſtly accompanied by a loud ſnoring. The face is generally ſwelled, and of a dark florid colour, every veſſel about the head and neck

neck appearing to be diſtended with blood. The eyes are bloodſhot, watery, and prominent; and frequently the head, and the whole body, is bedewed with a cold clammy ſweat; and a paralytic affection of one ſide of the body is frequently found, at the ſame time, to have taken place.

Sometimes this diſeaſe comes on ſuddenly; but moſt frequently it is preceded by theſe ſymptoms. The face, for ſome time before, appears more than uſually florid, and the eyes ſlightly bloodſhot. The head is giddy, and frequently affected with pain, particularly in the back part of it. The extremities alſo are frequently affected with numbneſs, and irregularities, or inability of motion; and ſometimes a little faltering of ſpeech may be diſcoverable. The patient is almoſt conſtantly drowſy, and generally ſleeps particularly ſound; but is ſometimes affected with fits of the *incubus*, or night-mare. A troubleſome ringing noiſe is frequently perceived in the ears; tranſient irregularities, both in ſight and hearing, are frequently diſcovered, and every ſenſe appears, at times, to be ſomewhat impaired. Recollection, reflection, and every other proceſs of the mind, is performed, evidently with leſſened power.

The ſubjects of this diſeaſe, are, generally, perſons in an advanced ſtage of life. Thoſe have been obſerved to be particularly diſpoſed to it, who are of a

corpulent habit, and have a large head and ſhort neck. Indolence, and indulgence in the luxuries of the table, as well as the ſuppreſſion of any diſcharge, which, by its length of continuance, has been ſuffered to have become habitual to the conſtitution, contribute much to the forming of a prediſpoſition to this diſeaſe.

Whatever interrupts the return of the blood from the head; or, by impeding its circulation through the other parts, throws it in too great quantity upon the brain, may prove an exciting cauſe of this diſeaſe; ſince the moſt frequent immediate cauſe of apoplexy, is the accumulation of blood in the blood-veſſels of the brain, or an effuſion of blood, or of ſome other fluid, in different parts of the brain, or between it and the bones of the ſkull. Every violent exertion, therefore, eſpecially if accompanied by a full and long continued inſpiration; a conſiderable degree of fatigue, exceſſive heat, or cold; a violent fit of coughing; long continuance in a ſtooping poſture, or with the neck in an oblique poſition; any thing worn tight about the neck; intoxication, exceſſive diſtenſion of the ſtomach and bowels, and violent emotions of the mind, may occaſion this diſeaſe. It may alſo be produced by various other changes, which may take place within the cavity of the ſkull; the nature of which cannot be preciſely aſcertained during life.

In addition to the cauſes of apoplexy here enumerated,

rated, ſeveral others have been mentioned by different authors; ſuch as the receiving the exhalations from newly plaiſtered walls, the mephitic air ariſing from fermenting liquors, the fumes ariſing from burning charcoal, brimſtone, &c. from lead, arſenic, and ſeveral other ſubſtances; but the diſeaſes induced by theſe cauſes being very different from apoplexy, and conſequently requiring a different mode of treatment, will be ſpoken of ſeparately.

In a diſeaſe, the cauſes of which are ſo various, and oftentimes ſo difficult to aſcertain; whoſe mode of attack is always ſo alarming, and whoſe termination is generally ſo fatal, the earlieſt uſe of every effort, pointed out by ſtudy and experience, muſt be adopted. To attempt to furniſh family practitioners, therefore, with rules for the cure of apoplexy, would be abſurd and dangerous: all that with propriety, therefore, can be attempted in a work of this kind, is to manifeſt the neceſſity of obtaining the earlieſt medical aid; to recommend the ſafeſt mode of treating the patient, until that is obtained; and to point out the moſt proper plan to be adopted, to prevent the return of the diſeaſe. No time, then, muſt be loſt: the beſt medical aſſiſtance ſhould be obtained, as ſoon as poſſible; ſince, in every moment that is waſted, the diſeaſe is, moſt probably, more firmly eſtabliſhing itſelf. In the interim, no raſh experiment, nor any violent

violent endeavours, ſhould be employed. The application of irritants to the noſtrils, as volatile ſalts, ſnuff, &c. with the hope of rouſing him from his ſtate of inſenſibility, muſt be particularly forborne, as well as any attempts to force him to ſwallow any irritating liquors.

The patient ſhould immediately be raiſed into an elevated poſture, and his head, in particular, ſhould be kept erect; ſince, otherwiſe, an angle being formed by the bending of the neck, the blood will be the more likely to be detained in the blood-veſſels of the brain; which, of neceſſity, muſt occaſion an augmentation of the diſeaſe. The neckcloth, and whatever is likely to occaſion a ſtricture on any part of the body, muſt be removed, ſo that no interruption to the free circulation of the blood may exiſt. The air of the room ſhould be moderately cold; and the clothing ſo diſpoſed, as to allow the patient to breathe the cool air, at the ſame time that the body itſelf may be ſufficiently defended from the action of the cold on its ſurface. In removing the patient to his chamber or bed, great care ſhould be taken, that he be ſtirred no more than is abſolutely neceſſary; and that an erect poſition be preſerved as much as poſſible. Should the patient have been ſeized ſoon after eating a hearty meal, and ſhould frequent urgings point out a diſpoſition to retch, the diſcharge of the contents of the ſtomach may

may be procured, by irritating the throat and fauces with the end of a feather; ſupplying him, as ſoon as he is able to ſwallow, with camomile tea, ſalt and water, warm water, &c. until the ſtomach is quite emptied. This ſhould, however, be performed with caution: if the eyes are very red, and the face exceedingly florid and turgid, it ought not to be attempted, until ſome blood has been taken away.

From a confidence in its utility, in every caſe of this diſeaſe, bleeding is almoſt always immediately propoſed, by thoſe who happen to be preſent at the firſt onſet of the diſeaſe; and is generally adopted, if any one can be found who can wield a lancet. And, indeed, not only in this diſeaſe, but in every other, which menaces the ſpeedy extinction of life, is this operation too generally had recourſe to. To prevent the raſh and dangerous adoption of this practice, it may be ſufficient to impreſs on the mind, that theſe alarming ſituations may oftener depend on a depletion of the blood-veſſels, and an exhauſtion of the vital powers, than on too great fulneſs, or on too powerful action. Even in the diſeaſe, which is the ſubject of the preſent ſection, in which it muſt be acknowledged, that bleeding is more frequently demanded than in any other diſeaſe, which has for its characteriſtic ſymptoms the deprivation of ſenſe and motion, the

obſervations

obſervations of the moſt celebrated phyſicians have proved, that bleeding is ſometimes highly injurious.*

The beſt advice, therefore, that can be here given, with reſpect to bleeding, as a rule of conduct in theſe diſtreſsful caſes, is, perhaps, to abſtain from this operation, until the opinion of the intelligent can be obtained.

This delay will be eſpecially neceſſary, if the countenance appears to be ſunk and pallid, rather than tumid and florid; if this attack has occurred at the cloſe of long continued labours, either of the mind or body; and in ſubjects who have not been devoted to indolent or luxurious indulgences.

A ſimilar caution is neceſſary, with reſpect to the employment of bliſters, which, from an opinion of the ſafety with which they may be uſed on all occaſions, are often had recourſe to in theſe caſes. But, it muſt be here remarked, that their employment is admiſſible only in ſome caſes; in others, every alarming ſymptom may be increaſed by their application.

It has been already remarked, that there is a certain peculiarity of make, which very much diſpoſes to this diſeaſe;

* Heberden. Medical Tranſactions, vol. i. p. 471.
Fothergill. London Obſ. & Inq. vol. vi. p. 680.
Kirkland's Commentary on Apoplectic and Paralytic Affections, p. 46.

diſeaſe ; this was ſaid to conſiſt chiefly in a ſhortneſs of the neck, and a largeneſs of the head, accompanied by a full habit of body, and a florid countenance. I muſt here digreſs, for the ſake of leſſening unneceſſary uneaſineſs and alarm, which may be excited, in thoſe who may conceive they poſſeſs, in ſome degree, this peculiar form.

This peculiarity, it muſt be obſerved, then, only gives a greater ſuſceptibility of this diſeaſe ; and this by no means to the extent which has been generally ſuppoſed. The diſeaſe itſelf, and even a diſpoſition towards it, muſt be produced by a concurrence of various circumſtances, the greater number of which may be removed, or prevented, by a little care and reſolution.

When it is recollected, that a frequent cauſe of apoplexy is a mechanical preſſure on the brain, the conſequence of the accumulation of blood in the blood-veſſels of the brain ; or of the extravaſation of blood, or of ſome other fluid, in or upon the brain ; it is obvious, that, to prevent ſuch a fulneſs of blood ariſing, as may deſtroy the equilibrium between the blood-veſſels and their contained fluid, ſhould be the conſtant endeavour of every one who has reaſon to fear an attack of this diſorder.

To effect this, it will be neceſſary that a due proportion

portion be preſerved, between the quantity of nouriſhment which is taken, and the waſte which is occaſioned by exerciſe. The patient ſhould therefore be very ſparing in his meals; of which animal food ſhould form but a very ſmall part. Spirits, wine, and the ſtronger kinds of malt liquor, as porter and ale, ſhould be ſtrictly avoided. The beverage ſhould chiefly conſiſt of lemonade, ſherbet, whey, butter-milk, &c. and, where ſome indulgence to long eſtabliſhed habits is inſiſted on, weak negus, or a glaſs or two of port, or of the lighter French wines, may be allowed after dinner.

The clothing ſhould be light and looſe; and particular care ſhould be taken, that nothing the leaſt tight be worn about the neck.

Exerciſe ſhould be employed to a conſiderable extent, and no more ſleep indulged in, than is juſt ſufficient to recruit the ſtrength. Sleeping immediately after a full meal ſhould be carefully avoided: eſpecially ſleeping in a chair, which is particularly dangerous; ſince, in conſequence of the muſcles which ſhould ſupport the head loſing their power, during ſleep, the head falls on one ſide, by which, the blood-veſſels in the neck being compreſſed, the return of the blood from the head may be impeded, and a rupture of ſome of the veſſels in the brain be thereby produced.

A

A conſiderable number of thoſe who fall victims to this diſeaſe, are attacked during the night; this may be accounted for, by conſidering, that the horizontal poſition impedes the return of the blood through the jugular veins; its motion being no longer aided by its gravity, which was the caſe whilſt the body was in an erect poſture. For this reaſon, the beds of thoſe who have cauſe to fear an attack of this diſorder ſhould be conſiderably higher at the head than at the feet. This riſing of the bed ſhould be gradual, ſuch as would be occaſioned, by ſhortening the ſupporting poſts at the foot of the bed; ſince if it be attempted only in the uſual way, by three or four pillows, in addition to thoſe uſually employed to raiſe the head, the chin will be thrown forward on the cheſt, and the neck bent at ſo acute an angle, as may be very likely, during the hours of ſleep, by interrupting the paſſage of the venal blood, in the neck, to bring on thoſe very effects which it was intended to prevent.

The man of buſineſs, who for his cares and exertions has obtained the reward of eaſe and competence, is particularly ſubject to this malady. In him we find the concurrence of many circumſtances, which muſt have a tendency to produce this diſeaſe. In the days of his induſtry, when conſtantly labouring, perhaps literally ſo, to obtain the gains of his buſineſs or profeſſion,

feſſion, the neceſſary exerciſe, both of body and mind, muſt, from the great expence of the vital fluid, occaſion the demand of conſiderable ſupplies of nouriſhment; and we, in general, find, that men of the above deſcription are favoured with organs of digeſtion in a ſound and vigorous ſtate, and are conſequently well diſpoſed towards the luxuries of the table.

Such a man ſeldom quits the pleaſing buſtle of a ſucceſsful buſineſs, until he diſcovers, that he has ſo far paſſed the *acmé* of his life; that his abilities are not what they were, and that his exertions are no longer productive of that ſucceſs which he has hitherto experienced. However diſpoſed he may be, at firſt, to attribute this to other cauſes, it will not be long before he diſcovers the true cauſe, in the diminiſhed vigour, perhaps both of body and of mind.

He retires, therefore, from the buſy world, with the intention, either of freely indulging himſelf with that reſt, to which his purſuits, followed with avidity, have hitherto rendered him a ſtranger; or, at leaſt, of exchanging his exerciſe and his employments, for ſuch as may be more agreeable, and better fitted to his declining years and ſtrength.

If we follow him in his retirement, we ſhall moſt probably find him indulging in almoſt a ſtate of abſolute indolence; or, at leaſt, in a ſtate comparatively

ly ſo, if the active ſituation from which he has been removed, be recollected.

Although he may, for his health's ſake, being aware of the ill conſequences of the omiſſion, make a point of taking ſome exerciſe; yet it is moſt likely that this will not be employed to that extent, which is neceſſary to prevent the evils intended to be avoided. This may ariſe from his varying his modes of exerciſe, when he changes his ſituation of life. Thus, whilſt engaged in his former purſuits, we may ſuppoſe him to be almoſt conſtantly on foot, hurrying to wherever he may be ſummoned, by the various calls of his buſineſs or profeſſion. But after his retirement, he will moſt probably adopt, for his amuſement, ſuch exerciſes as will conſiderably differ from that to which he has hitherto, in ſome meaſure, been impelled. The culture of a flower garden, riding on horſe-back, or even the regular ringing of dumb bells, may be adopted; but without anſwering the propoſed intentions. To underſtand the reaſon of this failure, I muſt beg you to conſider, that if any ſet of muſcles are employed, in a different manner, and in a different combination, from that to which they have been accuſtomed, a ſenſe of wearineſs and pain is ſoon experienced in them. Bend but the neck ſtrongly to one ſide, and retain it there a few minutes, this fact will be ſoon ſufficiently evident. Thus, though the gardener

gardener may delve from morning till night, with little or no inconvenience; and the veteran ſportſman may follow the longeſt and hardeſt chace, with delight; he who has been unaccuſtomed to theſe modes of exerciſe, would, by employing them, not only ſoon become inexpreſſibly wearied; but would probably not get rid of the painful affection of the muſcles, for ſeveral days. In this way, an important deception may take place; for reckoning his exerciſe by the quantity of fatigue he experiences, he may ſuppoſe it to be equal to that which uſed to be afforded, by ſo much of his former amuſements, as was productive of a ſimilar degree of wearineſs. Whereas, on the contrary, although his fatigue may be conſiderable, his exerciſe may have been ſo trifling, as to have yielded no beneficial effect.

But ſhould he, after his retirement, even perſevere in a ſimilar mode of exerciſe, with that to which he has been accuſtomed (of walking for inſtance,) it is very likely, that for want of an object ſufficiently important and intereſting to engage his attention, he will too acutely feel the many little inconveniences and troubles, which continually ariſe, to teize a mind which is too little occupied. In conſequence of which, he will ſoon yield to a ſenſe of wearineſs; and will endeavour to convince himſelf, that he has taken the full quantity of exerciſe, which had been allotted him. Were

Were he to leſſen the quantity of his food, in the ſame proportion as he diminiſhes his exerciſe, little or no evil might ariſe ; but, unfortunately it ſometimes happens, that the mere habit of eating plentiful meals, may continue the cuſtom ; even when the appetite itſelf does not demand them : and long after the various modes of exerciſe have been given up, by which the neceſſary balance ſhould be preſerved.

In a word, then, perſons of the above deſcription ſhould change their modes of living gradually, and with the greateſt circumſpection : their minds ſhould be almoſt conſtantly engaged, in ſome purſuit or amuſement, which may keep off the attacks of languor and liſtleſſneſs ; and the utmoſt care ſhould be taken, that a due proportion be preſerved between the food they take, and the exerciſe they employ.

But it is not the ſucceſsful and high fed citizen alone, that is obnoxious to the attacks of this diſeaſe. It frequently marks for its victims, objects of a very different deſcription—thoſe who devote their hours to the moſt ſevere and obſtruſe ſtudies ; and particularly thoſe who may have long ſtruggled with adverſity and diſappointment ; and whoſe minds have been conſtantly harraſſed with anxious attention to ſpeculations, which at laſt have involved them in ruin.

PALSY.

Palsy consists in a loss of the power of motion, but affecting certain parts of the body only.

The different forms in which this disease appears, are distinguished by different names, according to the parts which are affected: thus, if the lower part of the trunk, as well as the inferior extremities, are affected, the disease is termed *paraplegia*: if one side of the body is affected, with the limbs on that side, the disease is then named *hemiplegia*.

Such persons as have been already described, in the preceding chapter, as predisposed to attacks of apoplexy, are also very liable to paralytic affections. Those who lead sedentary and luxurious lives; who have been much engaged in night studies, and watchings; and have suffered much distress and anxiety, are frequently the victims of this malady. It seldom comes on before the middle stage of life is past, and has been thought to happen more frequently to females, than to men. Extreme coldness and dampness of the atmosphere, appear to be favourable to the production of this disease; since attacks of palsy, as well as apoplexy, are very frequent at the first setting in of winter. The immoderate use of spirituous liquors, tobacco, coffee, and tea, will be likely to promote

promote the production of this complaint. Similar effects may be alſo produced by quickſilver, lead, arſenic, and other mineral ſubſtances; either by the unſkilful employment of them as medicines, or by the neceſſary expoſure to their action, in the various arts in which they are employed, ſuch as gilding, the fuſing of metals, painting, &c. Sudden and violent guſts of paſſion, and other conſiderable affections of the mind, may alſo induce this diſeaſe.

The diſeaſe ſometimes comes on without any previous ſymptoms, the patient having appeared, but juſt the minute before, as in perfect health; but it more frequently happens, that, for ſome time before, the patient has complained of pain, and of giddineſs and weight of the head; and frequently of a general languor and liſtleſſneſs; the powers of the mind alſo ſeeming, in ſome meaſure, to be impaired.

When the diſeaſe has taken place, the pulſe, as in the apoplexy, becomes, in general, hard and full, and moderately quick; ſometimes it is ſlower than natural, and ſometimes very irregular, and even intermitting. The limb affected drops uſeleſs, and becomes pale and cold; and is almoſt always, at the firſt, in a clammy ſweat; ſometimes a painful prickling ſenſation is felt, exactly reſembling that which occurs when the leg is ſaid to be aſleep; and in other caſes, the parts affected are deprived of the ſenſe of feeling, as well

well as of the power of motion. Apoplectic ſymptoms frequently accompany the diſeaſe at the firſt attack; but theſe ſometimes ſubſide, and leave the patient affected with the paralytic ſymptoms only.

When a ſenſe of tingling is felt in the parts affected, and the parts regain a ſmall degree of motion, a hope may be reaſonably entertained, that a conſiderable change for the better may yet take place. This expectation may be the more indulged, if no giddineſs, head-ach, or preternatural ſleepineſs, remain; eſpecially if the patient ſeems to be regaining the powers of recollection, thought, &c.

The danger with which this diſeaſe is known always to be accompanied, and the formidable manner in which its attacks are generally made, cannot fail but impreſs the mind of the patient, and his attendants, ſo ſtrongly, as to render it entirely unneceſſary here, to uſe any arguments againſt the folly of having recourſe to the futile, or dangerous attempts of domeſtic medicine.

On the firſt onſet of the diſeaſe, and before proper medical aid can be obtained, the cautions laid down in the preceding ſection will be very proper to direct the management of the patient.

As ſoon as the diſeaſe is ſufficiently leſſened, to allow of the patient's making uſe of exerciſe, it ſhould be

be cautiouſly and regularly employed; but great care ſhould be taken, that it be of that kind, which is beſt adapted to his ſtrength and former habits.

Electricity is almoſt always had recourſe to, in this malady, and too often without firſt obtaining the neceſſary information, from thoſe who alone are capable of giving it, as to its propriety or impropriety. It is too generally ſuppoſed, that, although electricity may produce no beneficial effects by its application, in caſes of diſeaſe, yet it cannot be productive of any injury to the patient. But the contrary of this is the truth; for electricity, it is well known, is capable of producing very conſiderable, and very different effects on the animal ſyſtem; for at the ſame time that it is one of the moſt powerful ſtimulants that can be employed, it is alſo poſſeſſed of the power of rapidly deſtroying the mobility of the nervous ſyſtem.

In caſes, therefore, where the diſeaſe depends on a ſurcharge of the veſſels of the brain, how dangerous muſt be the raſh employment of ſo powerful a ſtimulant! Again, when its debilitating effects are conſidered, how evidently it appears, that in caſes of debility, it muſt of neceſſity occaſion the farther diminution of the vital powers; and thereby produce an increaſe of the diſeaſe it was meant to remove, and perhaps the ſpeedy death of the patient. Caſes are not wanting, where the increaſe of palſy has been manifeſtly the

conſequence of employing electricity, with the hope of its removal.

"That the electric fluid acts as a ſtimulus upon the animal ſyſtem, muſt, I believe be allowed; but that its ſtimulant effects are more tranſient, and the ſucceeding ſtate of debility conſequently more rapidly produced, than what reſults from the application of any other known ſtimulus, muſt, I think, be alſo allowed." *

Dr. Falconer, in the ſame work, obſerves—"Electricity has often been recommended as a remedy in palſy, and much cried up by ſome that pretend to ſecrets in the mode of adminiſtering this remedy. But the medical faculty have, I believe, nearly loſt all faith in it, from experience of its general inefficacy to be of ſervice, and in ſome inſtances, of its miſchievous effects. I am more certain that a ſtrong electric ſhock poſſeſſes the power of cauſing a palſy, than I am of its having any power to cure it. We have lately had two inſtances in the Bath hoſpital, of perſons who had paralytic attacks after being ſtruck with lightning." †

Dr. Falconer alſo obſerves, that it is a frequent practice

* An Account of the Effects of Lightning, by J. Parkinſon, Hoxton. Memoirs of the Medical Society of London, vol. ii. p. 493.

† Ibid. p. 201.

practice to lap up paralytic limbs in many folds of flannel, and to keep the perſon ſo affected, very warm in every reſpect. But this is, undoubtedly, a very noxious practice, as it generally induces a tendency to ſweat on the paralytic part, which always weakens it.

FAINTING.

In this diſeaſe, the circulation of the blood, and the action of the lungs, become ſo much weaker than natural, as in ſome caſes, to give reaſon to ſuſpect that they are entirely ſuſpended.

When the diſeaſe does not come on ſo ſuddenly as to deprive the patient, at once, of his ſenſes, he experiences a ſenſe of pain and oppreſſion, about the region of the heart; accompanied with exceſſive languor, and frequently with ſickneſs. He ſees very imperfectly the objects which ſurround him, which all ſeem to be poſſeſſed with a rotatory motion, and at the ſame time his ears are affected, with a confuſed ringing noiſe. Every part of the body, but particularly the face and extremities, become cold and pale; and are frequently covered with a profuſe cold ſweat. The powers of ſenſe and motion are always impaired in ſome degree, and ſometimes entirely ſuſpended for a time: the pulſe, as well as the breathing, being, at the

the ſame time, ſcarcely, if at all, to be perceived. After the ſymptoms have thus continued a few minutes, they gradually diſappear ; a diſcharge of the contents of the ſtomach ſometimes comes on, and ſometimes the fainting is ſucceeded by convulſions. In moſt caſes, if proper means are not had recourſe to, a recurrence of the diſeaſe may take place.

Of the numerous cauſes of fainting, the more frequent, need only be enumerated ; theſe are, ſudden and profuſe hæmorrhages, irregular diſtributions of the blood, immoderate diſcharges of various kinds, violent exertions, exceſſive pain, ſudden or violent paſſions or emotions of the mind, diſguſting ſights, diſagreeable odours, long continuance in heated rooms, debauches, &c.

A diſpoſition to this diſeaſe may take place wherever debility exiſts ; but when this diſeaſe frequently recurs, without any obvious cauſe, a morbid ſtate of the heart or brain themſelves is to be ſuſpected.

The treatment of the patient reſpects either the ſhortening of the paroxyſm, or the preventing of its recurrence.

The firſt of theſe intentions may, in general, be accompliſhed, by adopting the following means. The patient ſhould be placed in a reclined poſture, and every part of the clothing, which, by its tightneſs, is likely

likely to interrupt the free circulation of the blood, ſhould be immediately looſened. No more perſons ſhould be allowed to be in the room, than are abſolutely neceſſary, from the aſſiſtance they may yield; and theſe ſhould ſo diſpoſe themſelves, as not to interrupt the free acceſs of the air to the patient. The doors and windows of the room, eſpecially if the weather be warm, ſhould be kept open; or, if the room be ſo ſituated, as not to allow of ſufficient air being thus obtained, the patient may then be removed into the open air. The face may be ſprinkled with cold vinegar, or water. The ſmoke of burnt linen cloth, vinegar, and any pungent vapour, particularly that of volatile ſalts, may be applied to the noſtrils; but in doing this ſome management is neceſſary; ſince, without care, the intended effects will not be produced.

If the patient retains ſenſe enough to experience any inconvenience from the application of pungent vapours to the noſtrils, but not ſufficient judgment to be aware of the neceſſity of inhaling them, the utmoſt exertions will be made by him to inſpire through the mouth only; excluding the air thus impregnated, as much as poſſible, from the noſtrils. It is uſual to obſerve patients, in this ſtate, thus bear the application of ſmelling bottles filled with the moſt pungent and volatile remedies, for a long time together, without

out ſeeming to be at all affected by them. In theſe caſes the mouth is to be cloſely ſtopped, by holding a handkerchief forcibly againſt it, but leaving the noſtrils perfectly free. The patient being now under the neceſſity of breathing through the noſtrils, the effluvia which are employed, are impelled againſt the membrane which lines the cavities of the noſtrils, and on which are diſpoſed the ſentient extremities of the olfactory nerves. Frequently it will be obſerved, when recourſe is had to this mode, that the patient will for a long time refrain from breathing at all; but at laſt, being under the neceſſity of inſpiring, and deeply, the pungent particles, imbibed in great quantity, and with conſiderable force, will occaſion ſo conſiderable a degree of irritation, as will ſuddenly and moſt effectually arouſe the patient from his ſtate of inſenſibility.

To haſten the termination of the fit, as well as to prevent its return, the occaſional or exciting cauſe ſhould be aſcertained and carefully removed.

But to prevent the recurrence of this diſeaſe, ſomething more is required; for too frequently ſo ſtrong a diſpoſition to fainting fits exiſts, that the moſt trifling circumſtance may prove ſufficient to occaſion them. Whenever this is the caſe, there cannot be a doubt but that ſo conſiderable a degree of debility is induced, as will be likely to terminate in

ſome

ſome dangerous malady. The cauſes by which this ſtate of extreme debility may be produced, are ſo numerous, and various, that to detect them, and appropriate the fitteſt modes of cure, is a taſk only to be undertaken by the ſkilful and experienced.

APPARENT DEATH.

REASON and humanity demand, that a knowledge of the proper mode of treatment of perſons apparently dead, from drowning, &c. or brought to the brink of the grave by famine, or exceſſive cold, ſhould be as generally diffuſed as poſſible.

The leading principle of our conduct, in every caſe where a near approach to death is occaſioned by long faſting, or expoſure to extreme cold, is *to yield as* GRADUAL *a ſupply as poſſible of that* STIMULUS, *from the deprivation of which life appears to be about to ceaſe.*

Where life appears to be nearly extinguiſhed by *long expoſure to extreme cold*, the greateſt caution is neceſſary in reſtoring the defective ſtimulus HEAT. Its application ſhould be at firſt in the loweſt degree, and ſhould be gradually increaſed. Imitating the practice of the inhabitants of the cold countries, who, when any part of the body is *froſt-bitten*, immediately thaw

thaw it, by rubbing it with ſnow; and very gradually expoſe it to the influence of a warmer temperature, well knowing, that by a ſudden approach to the fire the frozen part would ſoon be entirely deſtroyed.

When from *long faſting* the vital powers ſeem to be nearly exhauſted, the ſupply of the defective ſtimulus, FOOD, ſhould alſo be made in the moſt gradual and cautious manner. Weak broths ſhould be firſt given, barely warm, and in very ſmall quantities at a time; and afterwards gruel, milk porridge, milk enriched by the addition of an egg, wine whey, &c. may conſtitute the nouriſhment with which the reſtoration may, by the gentleſt gradations, be completed.

The directions given by the Royal Humane Society are ſo clear and explicit, as to put it in the power of any one, to employ the moſt powerful means for the recovery of the apparent dead. As no opportunity ſhould be omitted of promoting the diffuſion of knowledge ſo important to the deareſt intereſts of humanity, I have taken the liberty to introduce the proceſs recommended by the ſociety.*

RESUSCITATIVE

* The Editor of the Reports of this Society eloquently remarks—"What an exalted tranſport muſt it afford every compaſſionate breaſt, to be inſtrumental in recalling our helpleſs fellow-creatures from apparent death;—to witneſs the heartfelt paſſions of anguiſh and deſpair, of hope, ſurpriſe,

RESUSCITATIVE PROCESS.

What thou doeſt, do quickly.

THE DROWNED.

1. Convey carefully the body, with the head raiſed, to the neareſt receiving houſe.

2. Strip, dry the body; clean the mouth and noſtrils.

3. *Young Children* to be put between two perſons in a warm bed.

4. An *Adult*—Lay the body on a bed, and in cold weather near the fire.

In ſummer, expoſe the body to the rays of the ſun; and, in warm ſeaſons, *air* ſhould be freely admitted.

☞ 5. The body to be *gently rubbed* with flannel ſprinkled with ſpirits or flour of muſtard. The

priſe, and joy, which alternately agitate the human frame;—to mark the lively traits of gratitude, painted in the countenances of the mother, ſiſters, brothers, &c. of the reſtored object!—What epicure could ever yet boaſt, ſo refined, ſo exquiſite a luxury, as the benevolent deliverer from ſuch a ſcene—a ſcene far beyond what any pen has yet been able to deſcribe, or pencil to expreſs!"

proper ſubſtances to be ſprinkled on flannels, and a heated warming-pan, covered, may be lightly moved over the back and ſpine—Salt never to be employed.

6. The *breaſt* to be fomented with *hot ſpirits*. Hot bricks or tiles, covered, &c. to be applied to the ſoles of the feet and palms of the hands.

If no ſigns of life appear, the body to be put into the warm bath.

7. To *reſtore breathing*—Introduce the pipe of a bellows (when no apparatus is at hand) into one noſtril; the other, and the mouth, being cloſed, *inflate the lungs*, till the breaſt be a little raiſed; the mouth and noſtrils muſt then be let free. Repeat this proceſs till life appears.

8. *Tobacco ſmoke* is to be thrown gently into the fundament, with a proper inſtrument, or the bowl of a pipe covered, ſo as to defend the mouth of the aſſiſtant.

9. *Electricity* to be early employed, either by the medical aſſiſtants, or other judicious practitioners.

INTENSE COLD.

Rub the body with *ſnow*, *ice*, or *cold water*.

Reſtore warmth by ſlow degrees; and after ſome time, if there be no appearance of life, the reſuſcitative proceſs for the drowned muſt be employed.

SUSPENSION

SUSPENSION BY THE CORD.

1. A few ounces of blood may be taken from the jugular vein; cupping-glaſſes applied to the head and neck; leeches alſo to the temples.

2. The other methods of treatment the ſame as recommended for the apparently drowned.

SUFFOCATION BY NOXIOUS VAPOURS.

Cold water to be repeatedly thrown upon the face, &c. drying the body by intervals.

If the body feels cold, employ gradual warmth; and the plans for reſtoring the drowned.

INTOXICATION.

The body to be laid on a bed, with the head a little raiſed: the neckcloth, &c. removed.

Obtain immediately *medical aſſiſtance*, as the modes of treatment muſt be varied according to the circumſtances of the patient.

GENERAL OBSERVATIONS.

1. On *ſigns of returning life*, a tea-ſpoonful of warm water may be given; and, if ſwallowing be returned, warm wine, or diluted brandy. The patients muſt be put into a warm bed; and, if diſpoſed to ſleep, they will generally awake perfectly reſtored.

2. The

2. The *plans of refuſcitation* are to be uſed for three or four hours.

It is an abſurd and vulgar opinion, to ſuppoſe perſons irrecoverable, becauſe life does not ſoon make its appearance.

3. *Bleeding never to be employed, unleſs by the direction of the medical aſſiſtants.*

CONVULSIONS.

By convulſions are here meant thoſe epileptic convulſive fits, to which children are ſubject; and which from the ſuddenneſs with which they occur, and the ſhocking appearances they exhibit, are truly ſubjects of alarm to a parent.

To prove how much circumſpection and ſkill is required in the treatment of this diſeaſe, it may be only neceſſary to point out the various cauſes from which it may proceed. The difficulty which muſt generally occur in aſcertaining, on which of theſe cauſes the convulſions may depend, muſt be then ſufficiently obvious.

Among the moſt frequent cauſes of convulſions may be enumerated painful dentition; the acceſs of ſmall pox, meaſles, and other eruptive fevers; the irritation

irritation from worms, in the inteſtines ; exceſſive diſtenſion of the ſtomach, with even food proper in quality ; the irritation from the employment of crude and indigeſtible ſubſtances for food ; the retroceſſion of eruptions on the ſkin ; the incautiouſly drying up of ſome diſcharge ; the diſtenſion of the ſtomach or inteſtines with wind ; ſudden and violent noiſe ; acute pain ; and breathing too long a vitiated air.

Should it not be likely that medical advice can ſoon be obtained, as ſtrict an enquiry as poſſible ſhould be made, by the parents of the child, to aſcertain the exciting cauſe ; ſo that an appropriate method of treatment may be adopted.

In the firſt place, the ſtate of the ſtomach and belly ſhould be enquired into. If the region of the ſtomach ſeems diſtended ; if the child has, either before the fits, or in the intervals between them, made exertions to vomit ; and eſpecially if the child has been fed plentifully not long before, an emetic of the tartariſated antimonial wine ſhould be given as ſoon as it can be ſwallowed, in a doſe proportioned to the age of the child.

If there be an evident diſtenſion of the belly ; eſpecially if the child have appeared to ſuffer pain in the bowels, the cauſe of the miſchief may juſtly be ſuſpected to exiſt there. Information muſt then be obtained,

obtained, as to the previous ſtate of the child's bowels. When coſtiveneſs has preceded, a clyſter ſhould be exhibited, compoſed of thin gruel, coarſe ſugar, and caſtor oil; a powder may be alſo given, with a grain or two of calomel, and ſix or eight grains of jallap; repeating the clyſter every hour until ſtools are obtained. But if the child have been reduced by a long continued looſeneſs, the diſtenſion of the bowels may be attributed to confined air; and a clyſter, made by boiling carraway or anniſeeds in thin gruel, ſhould be directly given. A tea-ſpoonful of ſome carminative mixture, made by adding two tea-ſpoonfuls of ſome aromatic cordial, ſuch as anniſeed, juniper, or carraway, with as many table-ſpoonfuls of water, in which has been diſſolved a ſmall quantity of ſugar, may be occaſionally given. The belly ſhould be alſo rubbed with ſuch a degree of preſſure, as will be likely, without giving much pain to the child, to occaſion the diſperſion of the confined air. Both in this, and in the laſt caſe, the belly may be fomented with flannels wrung out of a ſtrong decoction of camomile flowers. The camomile flowers themſelves, wetted with any ſpirits, and made hot, may be alſo applied, in a flannel bag, to the belly.

If the ſymptoms which have previouſly occurred give reaſon to ſuſpect the preſence of worms, a calomel purge may be given as ſoon as the child can ſwallow;

ſwallow ; and a clyſter may be thrown up, made by diſſolving a few grains of aloes in water or milk, to which a ſmall portion of oil may be added : the quantities, of courſe, depending on the age of the patient.

In thoſe fits, where the exciting cauſe cannot be aſcertained, and in the above-mentioned caſes, where ſuch of the foregoing means as appeared moſt appropriate have not ſucceeded, and regular aſſiſtance cannot yet be obtained, the following meaſures may be adopted. If the blood-veſſels of the face be turgid, the eyes red, and the countenance of a crimſon hue, blood may be taken away from the arm, or, by leeches, from the temples. The feet and legs may be bathed in warm water, and, where no conſiderable determination to the head appears, ſpirits of hartſhorn, or ſal volatile, may be held to the noſtrils, and rubbed on the temples, &c.

Should the remedies employed prove ſucceſsful, ſtill conſiderable attention will be required, in diſcovering on what cauſe the diſeaſe depends, that the moſt effectual means may be adopted to prevent a relapſe. Here I muſt take notice of the abſurd opinion, that a phyſician is not required in the diſeaſes of children—an opinion which, unfortunately for the little ſufferers, is too generally embraced. But ſurely the occurrence of circumſtances ſo ambiguous,

as

as are perceived in the diſeaſes of children, demand the cloſeſt inveſtigation, of even the moſt intelligent phyſician. Often will, in other reſpects, a conſiderate parent ſay, "the poor child is unable to deſcribe its complaints—therefore a phyſician can be of no uſe." Inſtead of concluding, that in proportion as the caſe is involved in obſcurity, are knowledge and the power of diſcernment required. Dr. Underwood, in his Treatiſe on the Diſeaſes of Children, juſtly remarks, "that although infants can give no account of their complaints, in the manner we receive information from adults, their diſeaſes are all plainly and ſufficiently marked by the countenance, the age, the manifeſt ſymptoms, and the faithful account given by the parent, or an intelligent nurſe. This I am ſo confident of, that I never feel more at my eaſe, in preſcribing for any diſorders, than thoſe of infants; and never ſucceed with more uniformity, or more agreeably to the opinion I may have adopted of the ſeat and the nature of the diſeaſe. Every diſtemper may be ſaid, in ſome ſenſe, to have a language of its own, and it is the buſineſs of a phyſician to be acquainted with it; nor do thoſe of children ſpeak leſs intelligibly. Limited as is human knowledge in every department, there are yet certain principles and great outlines, as well in phyſic as in other ſciences, with which men of experience are acquainted, that will generally lead them ſafely between the dangerous extremes of doing too

too little, or two much; and will carry them ſucceſsfully, where perſons who want thoſe advantages cannot venture to follow them. Let me aſk, then, is it obſervation and long experience, that can qualify a perſon for the ſuperintendance of infants, or the treatment of their complaints? Surely all theſe fall eminently to the ſhare of regular practitioners, to the utter excluſion of nurſes and empirics."

EPILEPSY,
OR
FALLING SICKNESS.

In theſe fits, the perſon falls, ſuddenly deprived of ſenſe and motion. During the fit, the limbs, the muſcles of the face, and every part of the body, are violently agitated by convulſive ſtruggles; a frothy liquor iſſues from the mouth, and, if great care be not taken, the tongue is thruſt out of the mouth between the teeth, and wounded by their convulſive cloſing.

During the fit, the greateſt care ſhould be taken that the patient does not injure himſelf by the violence of his ſtruggles: he therefore ſhould be directly placed on a bed. From neglect of this caution, it often happens, that the poor ſufferer ſuſtains very

conſiderable injuries. The clothing ſhould be every where looſened, and the head moderately elevated. As ſoon as poſſible, ſome ſubſtance ſhould be introduced and held between the teeth to prevent their cloſing on the tongue; and even when ſenſe appears to be a little returned, no veſſel of any fragile ſubſtance, as earthen-ware or glaſs, ſhould be uſed for the purpoſe of offering drink; leſt, from the delirious ſtate which occurs in the interval of the convulſion, or from the convulſion itſelf ſuddenly coming on, he ſhould bite out a piece of the edge of the cup, or glaſs, and thereby get the ſharp and broken fragments within his mouth.

Should it appear that the patient has been drinking too freely of ſpirituous liquors, or has loaded his ſtomach with indigeſtible and offenſive matters, the firſt opportunity ſhould be ſeized of getting a pretty ſtrong emetic into the ſtomach. In theſe caſes, it generally happens, that as ſoon as the ſtomach is cleared of its injurious contents, the convulſions entirely ſubſide.

With reſpect to the other cauſes of this ſhocking diſeaſe, they are ſo numerous, and, in general, ſo difficult of detection, that the aid of ſome medical man ſhould be always, if poſſible, obtained immediately on the fits taking place. To prevent the return of the fit, the domeſtic pharmacopœia teems with recipes;

cipes; but, previous to the adoption of any of these, I must entreat you, and my other readers, to attend to this fact—That this disease may arise from causes almost innumerable; and many of these not only much differing from, but even sometimes directly opposite to, each other. A due attention to this circumstance must certainly, not only shew that a medicine ought not to be thus snatched at random; but also that much patient investigation will be required to be employed, even by the most intelligent physician, before he can venture to determine on the means to be used for the cure.

WORMS.

As epileptic or convulsive fits are very frequently occasioned by the presence of worms in the intestines, it may not be improper to speak of them here.

Paleness, irregular appetite, and pains of the stomach and bowels, are generally supposed to be marks, by which the existence of worms in the stomach or bowels may be known; but these symptoms are equivocal, since they generally accompany a debilitated state of the system, proceeding from any cause whatever. Indeed, it is by no means so easy, as is in general imagined, to determine whether worms do really

really exiſt in the bowels, or not. It would be eaſy to recite, in this place, the ſigns which are uſually ſaid to denote the preſence of worms; moſt, or indeed all, of which accompany debility ariſing from various other cauſes: but the point is only to be determined, by a judicious and careful conſideration of all the ſymptoms that are preſent, as well as of former illneſſes, on which ſome of theſe ſymptoms may depend.

The neceſſity of determining, with ſome degree of accuracy, whether the complaints of a child depend on worms, or not, is much greater than may at firſt appear. The ſymptoms which are ſaid to mark their preſence, I have already obſerved, are thoſe which likewiſe accompany debility from any other cauſe. If, therefore, this debility proceed not from worms, and the means generally recommended for their removal, particularly ſmart mercurial and ſcammoniate purges, be adopted, they will not only fail of producing beneficial effects; but, by increaſing the weakneſs of the patient, occaſion very dangerous conſequences.

Within theſe few months, I witneſſed the deſtruction of a young woman, who, enfeebled by a weak ſtate of the ſtomach and bowels, could not be diſſuaded from believing that her complaints were occaſioned by worms. She therefore procured and took, without acquainting her friends, a noſtrum advertiſed as a ſafe and ſpeedy cure for worms. After a little time, ſhe

perceived

perceived a little ſoreneſs of her mouth: this ſhe little noticed. It became worſe, and this ſhe concealed as long as ſhe could, aſhamed of having ſecretly employed thoſe means to which ſhe attributed her preſent complaints. At laſt ſhe informed her friends of her diſtreſs and its cauſe, and, upon examination was now found to be in a deep ſalivation. By a proper treatment the ſalivation was, after ſome time, ſtopped; but ſo much was ſhe reduced by the ſeverity of her ſufferings, by the quantity of ſaliva diſcharged, by the deprivation of her food, &c. that, although placed in the country, under the care of an attentive and aſſiduous mother, ſhe ſoon died.

WEAKNESS OF THE STOMACH.

THE ſymptoms which evince a weak ſtate of the ſtomach are loſs of appetite; ſqueamiſhneſs, ſometimes ariſing to ſuch a degree, as to be ſucceeded by vomiting; heart-burn; coſtiveneſs; diſtenſions of ſtomach, particularly upon taking even a very ſmall quantity of food; frequent riſings into the throat of a ſharp acid liquor; and eructations of imperfectly digeſted matter.

The evils ariſing from this diſeaſe, are by no means confined to the ſtomach; but generally extend over the

the whole ſyſtem. From the ſympathy which exiſts between the brain and the ſtomach, the patient is alſo affected with giddineſs, and pain of the head.

In conſequence of the functions of the ſtomach not being duly performed, a ſufficient quantity of aliment is not taken into the ſtomach; and what little is taken in, does not undergo a proper digeſtion. The blood, therefore, becomes ſo impoveriſhed, that the body no longer receives its due quantity of nouriſhment; hence ariſes a paleneſs and coldneſs of the whole ſurface of the body, and particularly of the extremities; the patient becoming weak and emaciated, his lips white, his tongue foul, and his countenance bloated and unhealthy. A conſiderable degree of languor and dejection of ſpirits alſo take place, his nights are diſturbed with frightful dreams; and in the day time his mind is diſtreſſed with a variety of ill-grounded alarms, and apprehenſions. If the diſeaſe is not timely oppoſed by proper means, the feet and legs will be perceived to ſwell; plainly ſhewing that exceſſive debility has taken place, and that a collection of water may be ſoon formed in ſome of the larger cavities, by which death itſelf may be induced.

Errors, and irregularities in the mode of living, are the moſt frequent cauſes of this malady. Thoſe who indulge in the immoderate uſe of tea and coffee, are particularly

particularly liable to it; as well as thoſe who are habituated to the conſtant uſe of tobacco, and opium. Even bark and bitters, than which few things are more ſerviceable in curing this complaint, will frequently increaſe it, or even produce it, if exhibited improperly. Thoſe who are much expoſed to cold and moiſt air, and thoſe who lead ſedentary lives, and apply themſelves too cloſely to buſineſs, or to intenſe ſtudy, as well as thoſe who ſuffer from anxiety, and diſtreſs of mind, are often victims to this diſeaſe. Diſtending the ſtomach frequently, with exceſſive quantities of either ſolid or fluid aliment, is likewiſe injurious. But the moſt frequent cauſe of weakneſs of the ſtomach is, perhaps, the conſtant uſe of ſpirituous and ſtrong fermented liquors. Nor is it neceſſary to the production of this diſeaſe, that theſe liquors ſhould be taken in ſuch quantities as will produce intoxication; ſince theſe effects ſucceed to the frequent drinking of them, in ſmall quantities, and even when highly diluted.

There are few diſeaſes, if any, over which the phyſician has ſo little power; unleſs aided by the reſolute efforts of the patient, as in this. In vain may he preſcribe the beſt adapted remedies, and in vain may they be ſwallowed, unleſs the ſtricteſt attention be paid to thoſe rules, which every phyſician muſt think neceſſary to deliver to patients in this diſeaſe. Theſe injunctions,

injunctions, indeed, muſt too frequently be of ſuch a kind, as very few will be diſpoſed to ſubmit to; ſince they will enjoin, perhaps, the yielding up of habits, which, in conſequence of long indulgence, have taken ſuch poſſeſſion of the will, as to require the moſt ſedulous, and unremitting endeavours to overcome them. They may perhaps require a courſe of life to be purſued, totally oppoſite to that in which the patient has placed his greateſt delight and enjoyment.

There exiſts but little chance that a phyſician will be able to convince his patient, that any ill effects can be produced by the continuance of practices, in which he has ſo long perſevered; and in which ſo many perſiſt, and, as he ſuppoſes, for want of ſufficient enquiry, with entire impunity. Or ſhould a phyſician prove ſo ſucceſsful, with the arguments he may adopt, as to convince his patient of the pernicious conſequences of any farther indulgence; how little probability is there, that the neceſſary reſtrictions will be complied with. Rather will it happen, and, in fact, ſo it daily does happen; that the patient, ſoured by the long continuance of his diſeaſe; angry with the phyſician, for having pointed him out, as the cauſe of his own ſufferings; and vexed with himſelf, for his weakneſs, and want of reſolution; will rail at the inefficacy of the art, and perhaps at the ignorance of its profeſſors; aſſerting, that the admonitions

nitions he has received, are ſuch leſſons of auſterity, as his monitor himſelf, has neither the power, nor the inclination to follow.

If a phyſician takes upon himſelf the honeſt part of ſhewing to his patients, that the greateſt number of diſeaſes are the reſult of indulgence in indolence and luxuries, he may expect, to a certainty, the fate of having his lectures but little attended to; and may even eſteem himſelf fortunate, if he eſcape both abuſe and ridicule. "Who is this," the multitude cries, "who preſumes thus to preach? 'Tis ſome "ſatiated epicure, or ſome rigid melancholic. If "health and life are only to be purchaſed at the price "of all our enjoyments, they are not worth the price. "If our lives are thus to conſiſt of a perpetual ſtate "of warfare and toil, hourly ſtruggling between the "dictates of our habits and inclinations, and the "denunciations of our phyſicians, let us take our "chance—A ſhort life and a merry one." Were phyſicians to expect, that the preſent race of *bon vivants* would be reformed by their writings, and would immediately ſet about to correct their irregularities, and abridge themſelves of their indulgences, they might perhaps deſerve to be told, that their plan was chimerical and abſurd. But thoſe who venture to inveigh againſt idleneſs and intemperance, preſume not to hope for the accompliſhment of ſuch wonders;

they cannot expect that their doctrine ſhould often procure the ſacrifice of favourite, and long indulged habits : they will be amply rewarded, with the pleaſing idea of having made ſome converts, to their opinions ; who, though they may not poſſeſs reſolution enough to quit the paths in which they have ſo long trodden, will not be inclined to ſuffer their children to be enſlaved by habits, the ill effects of which they have themſelves ſo much experienced.

This diſeaſe, however, as you will perceive by reverting to the enumeration of its cauſes, is not the lot only of the luxurious liver ; ſince it too often forms an addition to the diſtreſſes of the unfortunate ; but never more certainly, than when he ſeeks a reſpite from his miſeries, in the temporary exhilaration ariſing from the abuſe of ſpirituous liquors.

The ſymptoms accompanying this malady, mark it ſo diſtinctly, that there are very few who ſuffer from it, but are enabled to judge of the nature of their complaint. The inconveniences they experience evidently pointing out a weakened ſtate of the ſtomach.

When the ſymptoms have become ſo conſiderable as to force the patient to ſeek for relief, he in general has recourſe to ſome heating aromatics, or bitters ſteeped in ſpirits : the ſtomach being ſtimulated by theſe

theſe means, a trifling amendment will take place ; ſome of the ſymptoms becoming more moderate, whilſt others are even ſuſpended. This truce will be, however, but of very ſhort duration, unleſs more effectual means be employed. To procure an entire removal of the diſeaſe, the ſtomach muſt be cleanſed of the ſordid and ill digeſted matters with which it is loaded ; and proper regulations muſt be adopted, both as to diet and medicine, to prevent their future accumulation. If theſe be carefully attended to, the Peruvian bark, bitters, preparations of ſteel, &c. may be adminiſtered with great probability of eſſential benefit.

The infuſion of camomile flowers is a medicine which is frequently employed, with a conſiderable degree of ſucceſs, in this diſeaſe ; but owing to a miſtake, ſometimes made in the mode of adminiſtering it, effects are produced, quite oppoſite to thoſe which were hoped for : the error conſiſts in the infuſion of being drank warm, and in a large quantity ; by which nauſea, and even vomiting, is produced ; whereas if taken in the quantity of a tea-cupful, and quite cold, it leſſens ſickneſs, and increaſes the appetite.

To furniſh a plan of regimen, adapted to every conſtitution and habit, is by no means an eaſy taſk ; ſince ſome variation will be always required, according to

to the age and ſtrength, as well as the former habits of the patient. But, in general, by ſtrictly regarding the following rules, the cure of the diſeaſe will be accelerated, and future attacks of it prevented.

The greateſt attention ſhould be exerted by the patient, in endeavouring to diſcover what circumſtances prove beneficial, and what injurious; regulating his mode of living, in future, by the information he thus obtains. The circumſtances which have been already enumerated, as productive of this diſeaſe, muſt, of courſe, be carefully avoided.

The food ſhould be taken in ſmall quantities at a time, but with frequency; carefully avoiding the diſtending of the ſtomach, eſpecially with liquids. Fat of meat, butter, and all oily ſubſtances, ſhould be taken very ſparingly; and if at all rancid, abſtained from entirely. Broths, &c. with all liquid food, ſhould be fully impregnated with nutritive matter; and ſhould be taken only lukewarm. Fruits, and vegetables of all kinds, ſhould not be uſed, until a conſiderable progreſs is made in the cure. The vegetable acids, ſuch as vinegar, lemon-juice, &c. ſhould be employed with a conſiderable degree of caution.

Early riſing, and moderate exerciſe in the air, particularly riding on horſeback, will prove exceedingly ſerviceable, giving ſtrength and tone to the ſtomach, as well as to the whole ſyſtem.

But

But when it is conſidered, that this diſeaſe may, if not timely removed, produce hypochondriacal, and other moſt ſerious and diſtreſſing complaints, no one, ſurely, who has it in his power, will heſitate, as to obtaining the advice of the intelligent and friendly phyſician.

HYPOCHONDRIAC AFFECTION.

The hypochondriac is diſtinguiſhed, in the words of the celebrated Cullen, by—A languor, liſtleſſneſs, and want of reſolution and activity with reſpect to all undertakings; a diſpoſition to ſerioufneſs, ſadneſs, and timidity; as to all future events, an apprehenſion of the worſt, or moſt unhappy ſtate of them; and therefore, often upon ſlight grounds, an apprehenſion of great evil. Such perſons are particularly attentive to the ſtate of their own health, to every the ſmalleſt change of feeling in their bodies; and from any unuſual feeling, perhaps of the ſlighteſt kind, they apprehend great danger, and even death itſelf.

Thoſe who are unhappily afflicted by this malady, too frequently become the ſubjects of raillery and reproof. The ſtrange capriciouſneſs of their complaints induce thoſe around them to ſuſpect them all to be imaginary. This is, however, very far from being

being the caſe. It is true, indeed, that from the conſtant attention they are diſpoſed to pay to every trifling change which ariſes in their bodies, and from the apprehenſions with which they are tormented, their account of their feelings may be rather exaggerated and hyperbolical. But allowing this to be the fact, and even that the moſt ridiculous and chimerical diſtreſſes are imagined by them; even in that caſe, their ſufferings are ſuch, that no conſiderate perſon will regard them in any other point of view, than as demanding all the ſolace and relief that friendſhip, attention, and judgment, can beſtow.

It muſt be confeſſed, indeed, that much depends on the patient himſelf, and that ſeveral circumſtances imperiouſly require of him a conſiderable degree of exertion. A fondneſs for frequent and various medicines, he ſhould carefully ſtrive to repreſs; he ſhould ſeek for a phyſician to whom he can entruſt himſelf and his complaints, with friendly confidence, and to whoſe advice he can pay implicit obedience; guarding himſelf againſt ſuſpecting neglect, becauſe his medical friend honeſtly avoids to load his ſtomach with more drugs than are neceſſary. But the grand point, on which all muſt turn, is his ready acquieſcence in thoſe other meaſures which may be dictated to him, as eſſential to his recovery. He muſt arouſe himſelf from his diſtreſſing ſtate of liſtleſſneſs, and

and allow himſelf to be diſpoſed of as his friends may adviſe, for the purpoſe of diverting his attention to other objects than his own feelings. His proper avocations ſhould be attended to, ſuch arrangements being formed, as ſhall prevent him from being expoſed to too much anxiety or fatigue.

His amuſements ſhould always be ſuch as will afford a ſufficient degree of intereſt; ſuch are games of ſkill, as cards, draughts, backgammon, and even chefs; for although the latter demands almoſt painful attention, yet it thereby prevents a much more injurious attention to certain other objects. Theſe ſedentary amuſements ſhould not wholly engroſs his hours, but ſhould be interrupted by various exerciſes in the open air; ſuch as ſailing, riding on horſeback, driving a carriage, &c.

I cannot quit this ſubject without again noticing the folly, nay cruelty, of conſidering this complaint as dependent on the will of the ſufferer; and remarking, that ſo far from this being the caſe, this diſeaſe particularly depends on the original temperament of body. As well, therefore, may the peculiar make of the patient be aſcribed to him as a crime, as the diſtreſſing feelings he experiences be attributed to his caprice.

COLIC.

To the treatment of this malady, domeſtic doctreſſes have long laid an excluſive claim: family pharmacopæias teeming with colic tinctures and elixirs, which, except when compoſed of too fiery ingredients, will frequently produce a mitigation of the ſymptoms, and ſometimes a cure.

To produce this deſirable effect, however, theſe medicines muſt be employed in pure colic; and where no inflammation of the inteſtine has taken place. But, unhappily, it is extremely difficult to determine, whether inflammation be come on, or not: and there is very little doubt, that if this ſhould be the caſe at the time of the adminiſtration of theſe medicines, conſiderable injury may be occaſioned. Dr. Alexander Monro obſerves, "The common practice of taking ſpirituous liquors, or the warm carminatives, when people feel colic pains, is often unlucky, and public warning ſhould be given againſt it; for though relief is found from ſuch things in the windy or ſpaſmodic colic, which is not a deadly diſeaſe; yet they hurry on the inflammatory diſeaſes ſo faſt, that they ſoon prove mortal." *

Much

* Obſervations, &c. by Dr. A. Monro. Medical and Literary Eſſays, Vol. I.

Much miſchief may indeed be the conſequence of miſtaking the ſymptoms of pure inflammation of the bowels, or of ſtrangulated rupture, for thoſe of colic. It is not to be wondered at, that domeſtic practitioners ſhould be very liable to fall into this error; ſince conſiderable attention is required in the exerciſe of the judgment, in ſimilar caſes, by thoſe who are well ſkilled in the nature of theſe diſeaſes. This ariſes from the ſimilarity of the ſymptoms belonging to theſe ſeveral diſeaſes.

In colic, the chief ſymptoms are, frequent vomitings, obſtinate coſtiveneſs, ſevere griping pains over the whole of the belly, but chiefly about the navel, accompanied by a painful ſenſation of diſtenſion; the external part of the belly being, at the ſame time, drawn irregularly inwards. If theſe ſymptoms be compared with thoſe which were deſcribed as the ſymptoms of inflammation of the bowels, and with thoſe which belong to ſtrangulated rupture, treated of in the next article, the reſemblance will be found to be ſo great, as plainly to ſhew the danger of attempting even the alleviation of ſuch ſymptoms, without judgment ſufficient to diſcover their true origin.

In thoſe caſes where other aſſiſtance cannot be obtained, and where, from the former occurrence of the ſymptoms, or from other circumſtances, the diſeaſe is

clearly aſcertained to be colic, a clyſter may be given, compoſed of a pint of warm fat broth, to which may be added a table-ſpoonful of common ſalt; or the ſame quantity of gruel with two table-ſpoonfuls of caſtor oil, and a table-ſpoonful of ſoft ſugar. If ſtools are not thereby obtained, a ſpoonful or two of caſtor oil may be taken. The belly ſhould be fomented with flannels wrung out of hot water, and between the times of fomenting may be covered with one of the flannels wrung out as dry as poſſible, over which may be laid a large oxes bladder, nearly filled with hot water.

If theſe means fail, much circumſpection is required, before any determination is made, as to the next meaſure to be adopted; it being neceſſary to aſcertain, with as much preciſion as poſſible, whether inflammation has taken place or not. For ſhould the complaint be merely colic, without inflammation, the cure may be accompliſhed by ſome carminative purging remedy, ſuch as ſena tea, warmed by the addition of a little ſpirits of anniſeed; but ſhould inflammation have come on, not only will every thing irritating be productive of farther injury, but it will even be neceſſary to employ bleeding, and that with a conſiderable degree of freedom.

RUPTURES,

RUPTURES, OR HERNIÆ.

THE term rupture was adopted when it was ſuppoſed, that the diſeaſe was always the conſequence of a rupture of ſome of the parts which form the cavity of the abdomen or belly. But anatomical examination has ſhewn, that this diſeaſe, as it moſt commonly appears, takes place in conſequence of the protruſion of ſome of the contents of the abdomen, through openings which are natural to the human body; and without any rupture, or violent ſeparation of parts. It will not be neceſſary to deſcribe particularly, the ſeveral kinds of ruptures which may occur. It will be ſufficient to obſerve, that ruptures generally appear in the groin, in the upper and fore part of the thigh, and at the navel: but they alſo may occur in any point of the fore part of the belly. Thoſe which appear, at firſt, juſt above the groin, will, in general, if neglected, ſoon deſcend into the *ſcrotum*, in men, and into the *labia pudendi*, of women. The tumor, in this diſeaſe, is moſt commonly formed by a part of the inteſtinal canal, or of the omentum or caul, or of both.

In thoſe ruptures which are capable of eaſy reduction, as ſoon as preſſure is properly made, the protruded inteſtine generally ſlips up, all at once, with a kind of guggling noiſe, and the tumour immediately

diately ſubſides : where the tumour has chiefly been formed by *omentum*, that paſſes up more ſlowly, and without that particular noiſe which accompanies the return of the inteſtine.

In thoſe caſes of rupture, where ſtricture has taken place on the protruded parts, and the reduction is thereby rendered difficult, the belly becomes tenſe and painful, the pain of the belly, as well as of the tumour itſelf, being much increaſed by the leaſt exertion ; a total ſtoppage of diſcharge by ſtool takes place, and the patient is diſtreſſed by a ſickneſs at the ſtomach, which increaſes, until almoſt conſtant retchings add to his ſufferings.

Having called your attention to theſe two ſtates of ruptures, with or without ſtricture, I will now point out that information reſpecting them, of which I am convinced that every one ought to be poſſeſſed.

In thoſe ruptures which are eaſily reduced, the mind of the patient ſhould be impreſſed with the conviction, that, in general, and particularly where the diſeaſe is recent, it will depend entirely on his own choice and reſolution, whether he ever ſuffer from it any ſerious inconvenience, or not. He may aſſure himſelf, that from the moment the parts are reduced, he has it in his power conſtantly to retain them in their natural ſituation ; and that, if he neglects to do this

this, he may expect the diſeaſe to increaſe daily; and, not only that the tumour may attain an inconvenient, and even enormous ſize, but that he will be alſo momentarily liable to have a ſtricture induced on the protruded parts, which never happens without the greateſt degree of danger.

To prevent all theſe evils, it is only neceſſary, that ſuch a preſſure be kept on the opening, through which the part protruded, as may prevent its again falling out: the preſſure of the fingers ſhews how effectually this may be done, and if, at the time this preſſure is made, the patient but gently coughs, he will diſcover how forcibly the protruding parts are driven outwards, and how neceſſary it is to guard againſt their future propulſion. The ingenuity of artiſts has deviſed a mode, by ſpring truſſes, of applying a conſtant and properly adapted preſſure; requiring little or no exertion, or even attention, of the patient himſelf. No perſon, therefore, in the ſituation thus deſcribed, ſhould ſuffer a day, more than is abſolutely unavoidable, to paſs, without obtaining the comfort and ſecurity which will follow the application of a truſs; ſince, if it be adopted at the firſt appearance of the diſeaſe, not only will the malady be ſtopped in its progreſs; but, if employed with conſtancy and ſteadineſs, a radical cure may be gained. To thoſe whoſe circumſtances will render the acquiſition

tion of this inſtrument eaſy, nothing further need be ſaid ; but the poor induſtrious labourer, whoſe month's earnings would hardly ſuffice to make the required purchaſe, ſhould be appriſed of the vaſt importance of the early application of a truſs : his better informed neighbour ſhould inſtruct him, that after the firſt appearance of this diſeaſe, no conſideration ought to induce him to make one more laborious exertion, until provided with this ſecurity againſt future miſchief ;—that, if neglected, it will, in conſequence of his exertions, increaſe with rapidity ; and may even ſoon deſtroy him : and laſtly, that there can be no little luxury, or convenience, which he ought not to give up ; nor any ſacrifice of delicacy, which he ought not to make, that prevents his application for benevolent and charitable aid, in procuring this important and neceſſary inſtrument.*

If

* It is with much pleaſure I perceive an inſtitution is formed, under the chirurgical direction of Mr. W. Turnbull, for ſupplying the ruptured poor with truſſes. It is much to be wiſhed, that ſimilar charitable eſtabliſhments may be formed in every part of the kingdom, for the relief of the poor afflicted with this malady. Miſerable indeed is the ſtate of him, who is under the neceſſity, either, for the ſake of retarding the progreſs of this diſorder, of totally abſtaining from the labour which furniſhes his family with bread ; or of rapidly increaſing this ſhocking evil, and even of haſtening his death, by perſevering in his employments. His claims

If it be diſcovered that the return of the rupture is become difficult, and that a ſtricture on the protruded part has perhaps taken place, the perſon ſhould place himſelf on his back, inclining to the ſide oppoſite to that diſeaſed, with the head low, and the breech raiſed high, the knees being drawn upwards, and a little outwards. Whilſt laying in this poſture, he ſhould endeavour, by ſuch preſſure as he has been accuſtomed to employ for its reduction, to return the protruded part. Should he not ſucceed in this attempt, he may lay on the part a piece of folded linen dipped in cold water, and repeat his attempts. If theſe be alſo unſucceſsful, he may then be aſſured that a ſtricture has taken place, and that ON THE SPEEDY REMOVAL OF THIS HIS LIFE DEPENDS.

This aſſertion is by no means made to occaſion unneceſſary alarm. One moment's conſideration of the ſtate of the parts, muſt be ſufficient to ſhew the neceſſity

claims on the affluent are ſurely too juſt and powerful to be evaded; eſpecially by thoſe who have themſelves experienced the great advantages derivable from the uſe of theſe inſtruments. Mr. Blizard, in his *Suggeſtions for the Improvement of Hoſpitals, &c.* when enumerating the caſes of diſtreſs in hoſpitals, which call upon humanity for conſideration, but which cannot be brought within the proviſions of thoſe valuable inſtitutions, particularly mentions "Caſes of rupture, from ſudden cauſes, which frequently require truſſes, for preventing relapſe, and even conſequent death."

neceſſity of *immediate regular aid*, and the danger of truſting to domeſtic tamperings. Let it then be conſidered, that part of the contents of the abdomen, and probably a fold of the inteſtine, is thruſt out of the cavity, and confined by the cloſe preſſure of the ſides of the áperture, through which it has paſſed; that whilſt in this ſtate no fæces can poſſibly paſs beyond the protruded part, a circumſtance which of itſelf muſt occaſion death; that, almoſt from the moment of its being thus incarcerated, inflammation begins to take place; and proceeds, if the ſtricture be not removed, until it terminates in mortification; and that the moſt expert and judicious ſurgeons are ſometimes unable to reduce the protruded part, without an operation. Surely, when theſe circumſtances are conſidered, no one will heſitate in determining, that not a moment ſhould be loſt; but that the beſt chirurgical aſſiſtance that can be had, ſhould be directly obtained.

From want of knowledge of theſe circumſtances, alarm is, in general, not excited ſufficiently ſoon to allow of benefit being derived, even from the beſt adapted means; and very frequently, as is known to almoſt every ſurgeon, in that time which is loſt, in following the *routine* deſcribed in ſome treatiſe on domeſtic medicine, do thoſe miſchiefs occur, which place the recovery of the patient beyond the reach of art.

But

But it is not the loſs of time merely, of which we have here to complain ; ſince it muſt too often happen, that the attempts to reduce the rupture, made by one who is not poſſeſſed of any anatomical knowledge, muſt increaſe the difficulty of the reduction. Force, in moſt caſes, muſt be employed ; but if this be not done moſt carefully, and in a proper mode and direction, no advantage will be derived from it ; but, on the contrary, the fold of the inteſtine, which, in conſequence of the ſtricture, is already conſiderably inflamed, will ſuffer an increaſe of inflammation, and the total ſtrangulation of its veſſels, and the death of the patient, muſt be accelerated.

Should every other means have been employed without ſucceſs, the reduction of the rupture, by operation, ſhould be had recourſe to. By this the ſurgeon obtains acceſs to the protruded part, and is then enabled, not only to adopt effectual means for its reduction, but even for a radical cure. The horror excited by the idea of ſuch an operation, as ſhall expoſe a part of the inteſtinal canal, frequently determines the patient to ſubmit to the certain loſs of life, rather than thus receive immediate relief. His terrified imagination conceives the operation to be painful and dangerous in the higheſt degree. His alarm prevents him from fairly attending to the arguments employed to induce him to ſubmit ; and he

concludes, that the chance of relief is ſo little, as not to be worth the additional torments, he imagines he ſhall ſuffer from the operation. But every man's mind ſhould be impreſſed, previous to the moment of alarm and confuſion, with theſe important truths—that the pain of this operation but little exceeds that which the patient is already ſuffering, or that which would be experienced by opening a moderate ſized abſceſs ; and that ſo little danger attends the operation itſelf, that in almoſt every caſe where it terminates fatally, it may be fairly attributed to its having been too long deferred.

Before I conclude this article, juſtice to the afflicted demands, that I ſhould ſtate the claims a patient has on his ſurgeon, in this caſe. When once a ſtricture has taken place, no temporiſing can be admitted ; nor ought the patient to be left, a moment, with the fallacious hopes of a cure, by the ſpontaneous efforts of nature : inſtances of relief having thus occurred are too rarely met with to be allowed to influence our practice. Firmneſs, perſeverance, and deciſion, muſt mark the conduct of the ſurgeon ; not a ſingle meaſure that can be adopted with ſafety, and that affords the leaſt hope of preventing the operation, ſhould be omitted ; but when theſe have failed, the operation ſhould be performed, without a moment's longer delay.

RUPTURE

RUPTURE AT THE NAVEL IN CHILDREN.

This is a complaint of very common occurrence, and but ſeldom excites that attention and intereſt which it has a right to demand. Mothers obſerve a ſlight protruſion at the navels of children, and witneſs its very gradual increaſe without alarm. They ſhould therefore be informed, that if proper means for its cure be not adopted, it may become of a moſt enormous ſize, and even occaſion the loſs of life. To this information it is moſt pleaſing to add, that the means of cure are in every one's reach; and will be almoſt always ſucceſsful, if employed early, and attended to conſtantly.

The means to be adopted are ſimply theſe—The protruded parts are to be returned, which may be eaſily done by ſlight preſſure with the finger; and retained in their proper ſituation, by a conical piece of very ſoft ſponge, thoroughly cleared, by rubbing between the thumb and finger, of ſand and minute ſhells, which may be lodged in its cavities. This being kept to the part, by the point of one finger, is to be ſecured by ſeveral ſlips of ſtrongly adheſive plaiſter, three inches in length, croſſing each other in a ſtellated form.

It

It is proper, however, again to enforce the neceſſity of a conſtant attention in this caſe. It is not by keeping the parts confined for a few days, and then permitting them to remain unreſtrained for a day or two, before the means are again employed, that a cure can be expected. Real advantage can only be obtained by conſtant and uniform preſſure. Should, therefore, any difficulty ariſe in this very neceſſary proceſs, application ſhould immediately be made to thoſe who are in the habit of performing this and ſimilar operations.

The difficulty of retaining the parts in their natural ſituation may indeed be produced, by the nature and extent of the protruſion, and the advice of a ſurgeon may therefore be neceſſary to determine whether it will be ſafe to depend on this mode, or whether it will not be required to employ a well adapted elaſtic truſs.

ULCERATION OF THE NAVEL IN CHILDREN.

A SORENESS of the navel ſometimes occurs in newly born children, ſome weeks after the navel has appeared to be healed; which ſeldom heals, even under proper treatment, in leſs than five or ſix weeks.

But parents ſhould be appriſed, that an ulceration of

of this part, much more dangerous and ungovernable, ſometimes takes place, in children where a conſiderable degree of debility is manifeſt. In theſe caſes, if the moſt effectual means are not early employed, the child will moſt probably be loſt; and, indeed, in many caſes witneſſed by Dr. Underwood, in which, of courſe, all that ſcience could ſuggeſt was adopted, the ulceration ſpread over a great part of the belly, and even mortification enſued.

CHOLERA.

In the diſeaſe thus named, the patient is harraſſed by almoſt conſtant vomiting and purging; bile appearing to exiſt in a conſiderable proportion, in the matters thus diſcharged. In general, the patient is alſo diſtreſſed with ſevere griping pains of the bowels, ſpaſmodic contractions of the muſcles of the belly, and extremely painful cramps in the muſcles of the extremities.

In thoſe caſes where the diſeaſe is only in a moderate degree, where the patient is ſtrong, and of a middle age, and no very conſiderable diminution of his ſtrength takes place, there exiſts little or no danger. The free uſe of diluting drinks, as gruel, broths, &c. will, in general, prove ſufficient to procure the return of health.

But

But when the diſeaſe comes on with great violence; occaſioning faintings, cold ſweats, coldneſs of the extremities, and a ſudden exhauſtion of ſtrength, the patient may be concluded to be in a moſt perilous ſtate: life depending on the immediate adoption of the moſt vigorous meaſures. Young children, perſons advanced in years, and thoſe who have been reduced by preceding diſeaſes, muſt be attended to with the utmoſt care and vigilance; ſince, in the courſe of two or three hours, the diſeaſe, if unreſtrained, may ſink them ſo low, as hardly to leave a poſſibility of their recovery. When marks of leſſening ſtrength are evident, the moſt ſtrenuous exertions muſt be made for their ſupport; by freely adminiſtering, in ſmall quantities at a time, ſtrong beef, chicken, or mutton broths, deprived of their fat; gruel, made into white caudle, by the boiling in it ginger, allſpice, and whole pepper, and adding to it a proper quantity of ſpirits: and procuring that medical aid which ſymptoms ſo imminent muſt require.

DIARRHŒA, OR LOOSENESS.

It may be ſufficient, for the purpoſe of ſhewing the impoſſibility of giving ſuch directions, as may enable domeſtic practitioners to take on themſelves the cure of this diſeaſe, to point out the various circumſtances

cumſtances on which it may depend. A diarrhœa may be occaſioned by too great a quantity of aliment being taken into the ſtomach; by the peculiar nature of the food which has been taken; by the digeſtion of the food having been impeded in conſequence of the weakneſs of the ſtomach and bowels; by various paſſions of the mind; by diſeaſes of other parts, or of the general ſyſtem. Many other cauſes might be enumerated, but theſe are ſurely ſufficient to ſhew the propriety of not attempting to lay down here, a plan of treatment applicable to every caſe.

One caution is however neceſſary, againſt the too prompt and indiſcriminate employment of purgative medicines, in the onſet of the diſeaſe. Believing it never to originate, but in the irritation occaſioned by ſome matter, which, they ſuppoſe, cannot be too rapidly removed, thoſe who ſuffer from this diſeaſe, generally, have immediate recourſe to ſome active purgative, to expedite the ſalutary proceſs which they ſuppoſe nature to have inſtituted. But it will frequently happen, that ſo far from accelerating the cure of this malady, ſuch medicines will, by their additional irritation, prove highly pernicious.

Nutritive drinks ſhould be taken freely, ſuch as broths, gruel, &c.: but beyond the employment of theſe the patient ſhould not proceed; unleſs he is able clearly to aſcertain the cauſe on which his complaint depends.

DIABETES.

THE ſymptoms of this diſeaſe are here enumerated merely to excite thoſe who ſuffer from it, to attend to it in its early ſtages, when, of courſe, it muſt be moſt likely to be within the reach of medicine.

In this diſeaſe, the urine is voided in a quantity unuſually large, the tongue is white and foul, and the patient is tormented with exceſſive thirſt. The urine, when viewed in a certain direction, has a greeniſh hue; and, on being evaporated, yields a large proportion of ſaccharine extract.

A powerful inducement to thoſe who are ſubject to this malady, to make early application for relief muſt ariſe from the knowledge that an ingenious phyſician, who has particularly attended to the nature of this diſeaſe, which has hitherto been eſteemed ſo difficult of cure, concludes that it is now "*ſo far underſtood, as to be ſucceſsfully cured.*" *

HYSTERICAL

* An Account of two Caſes of *Diabetes Mellitus*. By John Rollo, M. D.

HYSTERICAL AFFECTIONS.

As theſe are, in general, ſymptomatic of ſome other diſeaſe; and moſt commonly, perhaps, of ſome particular affection of the uterine ſyſtem, the rules for their treatment can only be formed, upon a knowledge of thoſe particular circumſtances to which they owe their origin.

The management of the patient during the ſtruggles of an hyſteric fit, or paroxyſm, may be directed by the principles laid down when treating of epileptic convulſions.

Suppreſſion, or irregularity of the menſtrual diſcharge, is very frequently the cauſe of hyſterical affections. Indeed, ſo obvious is this cauſe, that a cure for theſe morbid affections is generally ſought for in ſome noſtrum, celebrated for its powerful effects. But a few words on this practice cannot but be beneficial.

That the moſt injurious conſequences may follow from the indiſcriminate uſe of theſe violently forcing remedies, muſt plainly appear, from ſtating only one aſſumed caſe. A delicate female, from ſome accidental cauſe, ſuffers a ſuppreſſion of the accuſtomed diſcharge, the whole ſyſtem ſoon becomes affected,

neither digeſtion of the food, nor the uſual converſion of aliment into chyle and blood, takes place to the required degree; and hence a ſtate of extreme debility enſues, plainly marked by a deadly paleneſs, dejection of ſpirits, and a conſtant diſinclination to motion; or rather, I ſhould ſay, for the ſake of leſſening the too frequent, falſe imputations of indolence, in theſe caſes, almoſt a deprivation of the powers of motion. In ſuch a caſe, what muſt be the conſequence, ſhould theſe medicines, by their violence, occaſion a reſtoration of the menſtrual diſcharge, without, at the ſame time, producing an augmentation of ſtrength? Moſt certainly an increaſe of weakneſs and of all its attendant evils.

DROPSY.

In *Anaſarca*, a ſerious fluid is collected in the cellular texture under the ſkin. By *Aſcites*, is meant dropſy of the lower belly. And by *Hydrothorax*, a preternatural collection of ſerous fluid in the cheſt.

So numerous are the cauſes on which this diſeaſe may depend, and ſo various are the diſeaſes from which it may originate, as to preclude a hope of rendering any ſervice by their enumeration, and to render the laying down a general plan of cure impoſſible. A detached obſervation or two on the noſtrums generally

generally employed in this diſeaſe, is all that appears to be neceſſary here.

To cure the dropſy without tapping, is the promiſe of many pretenders, to whom the lives of perſons afflicted with this malady are ſubmitted. But, in general, ſo violent are the remedies they employ, and ſo raſh is their mode of adminiſtering them, that ſhould they even make good their promiſe of removing the dropſy, it is moſt probable that ſo much weakneſs may be produced, that the patient will not long ſurvive.

I very lately witneſſed a caſe of confirmed dropſy of the belly, in which the patient was perſuaded, by a domeſtic practitioner, to take a ſtrong infuſion of the fox-glove; much ſtronger than any phyſician would have dared to preſcribe. The dropſy was removed, for a time; but the diſeaſe of the *viſcus*, from which the dropſy proceeded, ſtill remaining, the water again collected; and inceſſant vomitings and purgings, produced by the fox-glove, added conſiderably to his ſufferings, and at length deſtroyed him.

HYDROCEPHALUS, OR WATERY HEAD.

No one, ſurely, can heſitate for a moment, in believing that the treatment of this melancholy diſeaſe ought

ought only to be confided to the moſt judicious and experienced. I ſhall, therefore, only mark out thoſe ſymptoms which ought to arouſe the attention of the parent, and occaſion him immediately to call in the moſt powerful aid; and point out ſome circumſtances, by an attention to which this malady may, perhaps, be ſometimes prevented.

This diſeaſe generally occurs within the firſt ten years of life. Sometimes the complaint comes on ſuddenly, but in general it commences with a ſlow fever, and is indeed accompanied, in its beginning, by ſuch ſymptoms as to render it very likely to be miſtaken for an attack of the ſlow nervous fever. Soon, however, the diſeaſe is rendered more manifeſt, by a diſinclination to employ the muſcles on which voluntary motion depends. The arms and legs are moved with reluctance, and the fatigue of preſerving the body in an erect poſture is ſuch, that the patient is always deſirous of being laid down: the pain in the head is more conſtant than in the low nervous fever; and the heavineſs and dulneſs more evident: the pulſe is alſo uſually very ſlow and irregular. As the diſeaſe proceeds, the pulſe becomes quicker; the child's ſenſes and faculties become evidently impaired, the ſight particularly fails him, objects appearing exceedingly indiſtinct, and the pupils of the eyes are conſtantly dilated. Towards the cloſe of this melancholy

choly ſcene, the urine and ſtools are paſſed involuntarily; total blindneſs comes on, and a fatal termination takes place while the patient lays in a comatoſe ſtate, or whilſt agitated with ſevere convulſions.

This diſeaſe may be the conſequence of an original weak habit of body, of various other affections of the brain, and of other diſeaſes which have induced a conſiderable degree of debility of the whole ſyſtem. But one cauſe, and that perhaps a very frequent one, more particularly demands here a few words.

This cauſe is a violent concuſſion or jar of the head from blows or falls. When the numerous accidents, to which children are expoſed, are conſidered, together with the delicate texture of the brain, it becomes really a ſubject of ſurpriſe that this ſhocking calamity does not more frequently occur. It however happens with ſufficient frequency to warrant the moſt zealous exertions for its prevention.

On this head it will not be ſufficient to ſay, that care ſhould be taken that children ſhould not be unneceſſarily expoſed to injury.——Parents muſt excuſe the ſuggeſtion, as it is made with a hope that it may prove beneficial.——The correction of children, performed in the moment of paſſion, is not always within thoſe bounds which the parent would the moment before, or after the infliction of the

puniſhment,

puniſhment, himſelf have deſcribed. A box on the ear, as it is termed, or a ſevere blow on the head with the open hand, is the moſt ready puniſhment, and therefore moſt generally adopted, when petulence or paſſion impels to an immediate correction. But when I conſider the tender fabric of the brain, and alſo that a blow ſufficient to give the intended degree of pain to the delinquent cannot be inflicted without giving a conſiderable jar to the head, I muſt ſuſpect it to be a mode of correction highly improper, and which may poſſibly occaſion this dreadful malady.

The obſervation I now ſhall make, I am aware may appear to many to be bordering on frivolity; but ſatisfied of its real importance, I ſhall, without apology, introduce it. To endue children with hardineſs and caution, it has been recommended, rather than ſmooth the way for them, to render it more replete with obſtacles; and rather than ſhield them from the little injuries they would ſuffer from their trips and ſtumbles, to let them feel their conſequences; that the difficulties they overcome, and the pain they ſuffer, to-day, may furniſh them with courage and circumſpection to-morrow. The principle is certainly good, therefore I propoſe not to combat with it, but with a practice which has ariſen from its improper extenſion. I mean that of neglecting to guard the head from the injuries to which it

it is ſubject, from thoſe accidents to which children are ſo frequently ſubject. It was the good practice of parents, a few years back, to ſurround the head with a circular quilted pad, covered with ſilk, which, though not very ornamental, had no very forbidding appearance, and muſt frequently have ſaved children from conſiderable injuries of the head. I am ſo confident of this fact, that I cannot reſiſt the impulſe of moſt earneſtly propoſing their adoption to the affectionate parent.

THE BITE OF AN HYDROPHOBIC ANIMAL.

When the ſhocking effects ſometimes reſulting from this injury are conſidered, and the uncertainty of ſucceſs ariſing from the employment of ſuch medicines as have hitherto been tried is alſo contemplated; the propriety of endeavouring, in this place, to excite every one to the prompt adoption of the only means of obtaining ſecurity, will, I think, be manifeſt.

From the abſorption of the ſaliva, conveyed by the teeth of the animal into the wound he inflicts, is the hydrophobia ſuppoſed to proceed. The more ſpeedy and the more complete its removal, the leſs chance is

is there for abſorption. Conſequently, in every caſe of bite from an animal, in which there is reaſon to ſuppoſe hydrophobia exiſts, the piece ſhould be immediately cut out; ſo carefully including, even the parts immediately ſurrounding the wound, both at the bottom and ſides, that a probability ſhall not exiſt of the knife's coming in contact with the wound made by the animal. For ſhould this be the caſe, not only would the exciſion be incomplete, but the knife itſelf, imbued with the poiſon, would ſerve to multiply the infection.

The carefully waſhing the wound by repeated ablutions with warm and cold water, and the application of a cauſtic to the part, have been recommended; but when our endeavour is to obtain an exemption from ſuch a terrific diſeaſe, no apprehenſion of momentary ſuffering ſhould induce us to adopt thoſe meaſures which obviouſly do not rank as firſt, in the probability of being ſucceſsful.

SCALD HEAD

Is a diſeaſe in which little ulcers form in the ſkin, at the roots of the hair, pouring out a diſcharge, which generally dries on the part in a hard white cruſt. Sometimes the diſeaſe ſpreads over great part of the head, and the diſcharge is ſo conſiderable as to keep

keep the diſeaſed parts in a moiſt ſtate. When this is the caſe, the ſcalp aſſumes an honeycomb appearance.

This diſeaſe is communicable by contact, and it is often the conſequence of want of attention to cleanlineſs. It is alſo ſuppoſed to be a ſymptom of ſcrofula.

The cure of this diſeaſe ſhould be attempted in this manner. The hair ſhould be removed freely by ſhaving; if the diſeaſe ſhould be extenſive, the whole head ſhould be ſhaved; but if it is ſo ſlight that the removal of a part is ſufficient, the remainder ſhould be carefully cleanſed by waſhing with ſtrong ſoap-ſuds. The ſores themſelves may be rubbed with the *unguentum hydrargyri nitrati* of the ſhops; or with an ointment compoſed of one part of the powder of white hellebore, two parts of flour of ſulphur, and as much tar as will make it into a due conſiſtence. When the hairs ſeem to be looſened, they ſhould be pulled out; and this appears to be beſt done by the application of ſome adheſive plaiſter, which, on its removal, will bring the hairs with it. A ſubmiſſion to this unpleaſant and painful proceſs is often neceſſary to obtain a cure.

Although I have here ſlightly ſketched a mode of cure of this diſagreeable malady, I muſt yet remark,

that it is a diſeaſe ſo important in itſelf, and ſo much more ſo in its conſequences, as to render its early removal highly neceſſary: regular chirurgical aſſiſtance ſhould therefore, if poſſible, be obtained. I have already mentioned its being eſteemed one of the ſymptoms of ſcrofula; but I ſhall trouble you with one or two obſervations more on this point.

When the unfortunate ſufferers under this malady have been ſubjected to it for a little time, an enlargement of the glands on the ſides of the neck generally takes place. This alſo being eſteemed one of the ſymptoms of ſcrofula, it is in general ſuppoſed that the patient was originally ſcrofulous, and that the ſcald head was the firſt manifeſtation of the diſeaſe. But here I venture, with the utmoſt deference to the authorities I oppoſe, to ſuggeſt, that ſcald head may not be a ſymptom of ſcrofula; and that, in many of theſe caſes, the enlargement of the cervical glands may be only the conſequence of the irritation of the abſorbents originating in the diſeaſed parts; and that ſcrofula may only ſucceed where this irritation is long permitted, and where the ſubject is unfortunately prediſpoſed to this diſeaſe.

I ſhould not have agitated this queſtion, in ſuch a work as this, a work pretending to no originality, but with a hope of drawing ſuch a concluſion as may prove of real uſe. From the foregoing obſervations, then,

then, it muſt appear, that if the diſeaſe be removed at its firſt appearance, the ſwellings of the glands of the neck, the more ſtrong characteriſtics of ſcrofula, may not appear; that if theſe even have appeared, they will diſappear if the original diſeaſe be timely removed; and that, on the contrary, where the original diſeaſe has been allowed to exiſt long, the glands of the neck will become diſeaſed, and this ſecondary affection may extend itſelf through the greater part of the lymphatic ſyſtem: the ſcald-head, in conſequence of neglect, having become the cauſe, at leaſt the exciting cauſe, of ſcrofula.

The importance of an early and judicious oppoſition to this diſeaſe, muſt, from the above conſiderations, be obvious. I have, therefore, only to repeat, that it is a contagious diſeaſe; and to recommend, that, on its appearance, thoſe whom it attacks ſhould be carefully ſeparated from other children.

THRUSH.

Aphthous ulcers in the mouth ſeldom happen to grown perſons, except ſome conſiderable diſorder of the ſyſtem exiſts at the ſame time, or has juſt preceded. In children they occur very frequently, and even at times when the child appears, in other reſpects,

ſpects, perfectly well. Improper food is perhaps a principal cauſe of their occurrence, ſince thoſe children who are robbed of their natural food, and crammed with mixtures of bread and water, &c. which are often given much too hot, ſeem much more diſpoſed to this complaint, than thoſe children, whoſe mothers have it in their power, and are diſpoſed, to ſupply them with the food which nature has appointed for them.*

Breathing

* The thruſh almoſt always affects thoſe children who are attempted to be dry-nurſed. Gripings, conſtant diarrhæa, rapid waſte of ſtrength and of fleſh, are almoſt the certain harbingers of ſpeedy death to the poor little victim, doomed to periſh for want of that nutriment which nature had deſigned and bounteouſly provided.

" Connubial Fair ! whom no fond tranſport warms,
To lull your infant in maternal arms ;
Who, bleſs'd in vain with tumid boſoms, hear
His tender wailings with unfeeling ear ;
The ſoothing kiſs and milky rill deny
To the ſweet pouting lip, and gliſt'ning eye !—
Ah ! what avails the cradle's damaſk roof,
The eider bolſter, and embroider'd woof !
Oft hears the gilded couch unpitied plains,
And many a tear the taffal'd cuſhion ſtains !
No voice ſo ſweet attunes his cares to reſt,
So ſoft no pillow as his mother's breaſt !" DARWIN.

To ſuch of my fair readers who are diſpoſed to liſten to the voice of admonition, on this important ſubject, I earneſtly recommend the peruſal of the charming poem of THE NURSE, by Mr. Roſcoe.

Breathing the confined and impure air of the bed and bed-room, during the month, where due attention to cleanlineſs and ventilation is not attended to, may be another cauſe of this diſeaſe. A diſordered ſtate of the ſtomach and bowels may alſo be conſidered as a cauſe of the thruſh.

Unleſs the cauſe of the diſeaſe can be aſcertained, there will be very little probability of adopting a ſucceſsful mode of treatment. Enquiry, therefore, muſt be made into the kind of food with which the child is ſupported. In general, this will be found to be improper, and not ſufficiently nutritious: this fault muſt be therefore corrected; the child muſt be allowed to breathe a purer air, and particular regard muſt be paid to the ſtate of the bowels. As this diſorder may depend on ſo many different circumſtances, it is not poſſible to point out here the medicines which will be required. But I cannot allow this opportunity to paſs without calling the attention of parents to the cruel practice, frequently adopted by nurſes, of cleanſing the mouths of children afflicted with the thruſh, by rubbing the inſide of their mouths roughly, with a piece of linen cloth wrapped round a piece of ſtick, and dipped in a mixture of Armenian bole and honey. Whoever has witneſſed this operation, muſt have perceived that it has occaſioned the little ſufferer very conſiderable pain: and a very little conſideration

conſideration will ſerve to convince, that the pain thus inflicted is unneceſſary. The aphthous ſores which conſtitute the thruſh are filled by gangrenous ſloughs, theſe either adhere to the living parts, or are ſeparated from them. If the former be the caſe, there is very little likelihood that the ſloughs will be removed by friction, however ſeverely employed: if, on the other hand, a ſeparation have taken place, no force is neceſſary for their removal. In both caſes, it is entirely ſufficient, that whatever applications are reſolved on, ſhould be of a tenacious conſiſtence, and be put into the child's mouth from the end of a tea-ſpoon; the action of the child's tongue, which neceſſarily follows, being quite ſufficient for the diffuſion of the remedy, and for its application to the affected parts.

SWALLOWING OF PINS, &c.

Children, from their being playfully diſpoſed to put various ſubſtances in their mouths, are liable to have hard and ſharp pointed ſubſtances paſs into the gullet, and even into the ſtomach. By the ſilly practice of putting pins, &c. into their mouths, adults are alſo expoſed to the ſame miſchiefs. Pieces of bones, griſtle, &c. ſometimes ſtop in the gullet, and afford conſiderable diſtreſs; but theſe may in general be

be ſpeedily removed by a piece of whalebone, to one end of which is affixed a button of ſponge.

If a pin, or any other ſharp-pointed ſubſtance, ſhould ſtick in the gullet, beyond the reach of the foreceps or nippers, it is indeed a caſe which calls for the utmoſt exertions of patience from the unfortunate ſufferer, ſince it will in general be found much better to wait the ſpontaneous looſening of the ſubſtance, which may happen much ſooner than could be expected, than to riſque additional injury, by employing the means uſually recommended, which are the paſſing of the ſponged probe, and the adminiſtering of a vomit. Unhappily the poſition of the pin, for inſtance, cannot be known, and it is not at all unlikely that the preſſure of the ſponge, or the urgings to vomit, may more deeply infix the point. Farther, it may be obſerved, with reſpect to an emetic, that ſhould the patient unhappily, during the firſt urgings to vomit, experience exceſſive pain, from which it is concluded that the pin laying acroſs the throat, every exertion ſerves to fix it deeper, we are obliged to witneſs this addition to his ſufferings without affording relief, not having it in our power to ſtop the vomiting, until the ſtomach is cleared of the emetic.

It is too prevalent a practice, when any ſubſtance of this kind has paſſed into the ſtomach, to endeavour to haſten its paſſage through the bowels, by giving ſome

ſome opening medicine. Juſt the contrary conduct to this ſhould be adopted. Milk, alone, or mixed with eggs unboiled, ſhould be immediately taken, as by the coagulation which takes place, the ſubſtance may become ſo involved, as to prevent its doing injury to the ſtomach; and on the ſame principle ſhould opening medicines, which render the fæces thin, be avoided; as, by allowing the fæces to obtain ſome firmneſs, there will be the greater probability of the pointed parts of the ſubſtance being ſo ſheathed, as to prevent them injuring the inteſtines.

BOIL.

A BOIL is a circumſcribed hard tumour, exquiſitely ſenſible, ſpreading below the ſurface, and riſing very little above the level of the ſkin. Its ſize is in general about that of a pigeon's egg. After it has exiſted a few days, a trifling diſcharge of matter iſſues from a ſmall opening in the moſt prominent part of the tumour, a ſlough remaining at the bottom, which is, in general, a conſiderable time before it is ſeparated.

Boils, unleſs they are very large, and happen in debilitated conſtitutions, although productive of conſiderable pain and inconvenience, are without danger, and

and will often do well without chirurgical aid ; but, in general, the cure will be accompliſhed much ſooner, and the patient ſpared much inconvenience, by a free opening, and other aſſiſtance, which cannot be well obtained but from the hands of a ſurgeon.

In general they may be brought into a good ſtate, by the application of warm fomentations, and emollient cataplaſms : when a tolerable opening is obtained, the ulcer may be dreſſed with any mild digeſtive ointment ; and in general the cure will be completed without much difficulty. Attention muſt alſo be paid to the general ſtate of the ſyſtem ; ſince if that particular ſtate on which they depend is not changed, the patient may be harraſſed for a conſiderable time, by their making their appearance in different parts of the body. With the hope of producing this change, domeſtic practitioners, in general, adopt a practice which muſt often prove very injurious : that of putting the patient under a long courſe of draſtic purgatives. That this practice muſt often be ſucceeded by ill conſequences, muſt be evident, when it is conſidered, that the greateſt benefit to be obtained in ſuch caſes is from the uſe of tonic and ſtrengthening remedies, ſuch as the bark, ſea bathing, &c.

ANTHRAX, OR CARBUNCLE.

At its commencement, anthrax has much the appearance of a common boil, but it ſoon puts on appearances which point out the malignity of its nature: the redneſs and hardneſs extend themſelves very wide, although the tumour is raiſed but very little above the level of the ſkin; ſmall puſtles come out on the ſurface, which have the appearance of being only ſuperficial, but the openings which they leave evidently reach to the large ſphacelated baſe which poſſeſſes the place of the cellular membrane; about the middle of the tumour the colour is of a deep crimſon, inclining to purple, becoming paler and mottled toward the circumference; the ſurrounding integuments are generally found by preſſure to be in an œdematous ſtate. Several of theſe ſometimes appear at the ſame time; but moſt commonly a ſingle one occurs, which ſpreads to a great extent.

The Cure of Anthrax. By the exertion of a ſkilful ſurgeon, and the moſt ſcrupulous exactneſs in purſuing his directions, this terrible diſeaſe is ſometimes cured; but the ſtate of the body which exiſts is ſuch as muſt always render the event highly to be feared. To treat, in this work, of the chirurgical treatment of this diſeaſe, would be preſumptuous and uſeleſs;

uſeleſs; ſince it is of too ſerious a nature to admit of the triflings of family practice. A conſiderable opportunity, however, always offers itſelf for the friends of the patient to evince their zeal, and aſſiſt in the cure: for ſo much aſſiduity is required, in adminiſtering proper cordials and nouriſhment, that it ought hardly ever to be entruſted to the care only of an hired attendant.

From their great ſimilitude at their firſt appearance, there is much reaſon to fear, that the carbuncle, at its commencement, is often miſtaken for a common boil—a miſtake which may be productive of the moſt dangerous conſequences, ſince in carbuncle the exertions for ſaving the patient muſt be very conſiderable and unremitting: the treatment which is ordinarily adopted for a common boil, would, therefore, allow the diſeaſe to make ſuch a progreſs, that art might afterwards be of no avail in endeavouring to ſave the patient.

INFLAMMATION AND ABSCESS OF THE BREAST.

Inflammation of the breaſt may be judged to have taken place from heat, redneſs, and pain, poſſeſſing a part or the whole of the breaſt. When the diſeaſe

diſeaſe is conſiderable, it is uſually preceded by a ſhivering, and accompanied by fever. The milk continuing to be ſometimes ſecreted into the breaſt, without any diſcharge of it being obtained, the breaſt neceſſarily becomes tenſe and heavy.

The inflammation of the breaſt may happen without being able to aſcertain any cauſe. But, in general, it may be traced to one or the other of theſe cauſes—expoſure to cold, repreſſing the diſcharge of the milk, or external violence.

To remove this diſeaſe by reſolution, the means ſhould be had recourſe to in the early part of the diſeaſe. When, if the diſeaſe exiſts in a very conſiderable degree, blood may be taken from the arm, in a quantity proportionate; but, in general, large bleedings are not required in the cure of this diſeaſe, the loſs of ſmall quantities by topical bleedings generally proving ſufficient for the intended effect. Gentle purgatives are proper, and a preference ſhould be given to ſuch as contain ſome of the neutral ſalts in their compoſition, ſince theſe will alſo tend to increaſe the diſcharge of urine. To leſſen the ſecretion of milk, no more aliment ſhould be taken, than may be juſt ſufficient to ſupport the ſtrength of the patient. To promote the abſorption of that which is ſecreted, the breaſt may be frequently bathed with camphorated oils, uſing, at the ſame time, a moderate degree of preſſure.

preſſure. To leſſen the ill effects reſulting from its tenſion and weight, the milk may be drawn at proper intervals, and the breaſt ſuſpended by means of proper bandages, and the increaſed action of the inflamed part be leſſened by the uſe of proper cooling applications.

If the inflammation does not ſeem likely to be diſperſed, but ſuppuration appears to be advancing, recourſe muſt be had to warm and emmollient fermentations and cataplaſms. Abſceſſes, in the breaſt in general do very well, when allowed to break ſpontaneouſly; but there are many caſes, where the aſſiſtance of the ſurgeon prevents numberleſs inconveniences, and very much accelerates the cure of the diſeaſe.

The inflammation may be either outwardly, in the integuments, or it may poſſeſs the centre of the breaſt. Much need not be ſaid to make it believed, that the latter is much the worſt caſe, and requires the greateſt exertions for its removal.

Frequently, however, in thoſe caſes where the patient has been ſatisfied with the aſſiſtance of ſome family practitioner, ſhe will be under the neceſſity, at the concluſion of the diſeaſe, to have recourſe to a regular ſurgeon, for the removal of a diſagreeable hardneſs, which often continues for ſome time after the

the inflammation has ceaſed ; which, although it is not of the ſame nature with ſcirrhus and cancer, will often require the greateſt ſkill to aſcertain its moſt proper mode of treatment.

CHILBLAINS.

A CHILBLAIN is an itching and painful ſwelling, produced by the action of cold, ſometimes terminating in ulceration.

Tumefaction, redneſs, and itching of the part, are the firſt marks which denote the coming on of chilblain. The ſwelling afterwards extends beyond the redneſs to the ſurrounding parts, which, upon preſſure, will generally be found to be in an œdematous ſtate ; the redneſs gets darker, until at laſt it becomes of a deep crimſon, or even of a livid colour ; the itching increaſes to ſuch a degree, as to become almoſt intolerable, and is accompanied with aching pain. If the mode in which the complaint is treated does not prove equal to the removal of the diſeaſe, it may continue, nearly in the ſame ſtate, for a conſiderable time, or may terminate in ulceration. Before this happens, the complaints increaſe, and a bliſter filled with bloody water ariſes, after the breaking of which, a foul painful ulcer ſucceeds, which, if not properly treated, will

will extend itſelf, both in depth and width, affecting the tendons, and even the bones themſelves.

Children, and young perſons who uſe but little exerciſe, are moſt diſpoſed to this complaint, which generally comes on with the winter, and, if powerful remedies are not had recourſe to, will continue until the return of mild weather. Thoſe who have once ſuffered from this diſeaſe are obſerved to be much diſpoſed to a return of the complaint in the ſucceeding winter.

When this diſeaſe is only in a trifling degree, there is no neceſſity for application to a ſurgeon: the remedies afforded by domeſtic medicine are here frequently ſufficient.

To ſtrengthen the veſſels of the part, ſo that by their action the blood, which ſeemed to be ready to ſtagnate, may be propelled through them, is the chief principle which ſhould regulate the mode of treatment. With this view, the parts affected ſhould be frequently rubbed with the naked hand, or with flannel; as much exerciſe ſhould be uſed, as the ſtate of the diſeaſed parts will allow; and if there be no ſore, ſtimulating medicines, ſuch as camphorated ſpirits, ſpirits of turpentine, warm fomentations, plaiſters, &c. ſhould be applied to the parts affected. Sudden and conſiderable changes from cold to heat ſhould

ſhould be avoided ; and, laſtly, the parts ſhould be defended from the action of cold by coverings of ſuch ſubſtances as are known to have but little power in conducting heat, ſuch as ſlightly woven woollen and cotton, waſh leather, which is looſe in its texture, and downy on each ſide.

When the chilblain becomes ulcerated, the ulcer muſt be treated according as its appearances may indicate, it being impoſſible to lay down a mode of treatment which ought to be adopted in every caſe, ſince the part affected is capable of putting on all the varieties of ulcers from other cauſes, and conſequently may demand, in ſome caſes, a different, or even an oppoſite treatment, to what it may require in others.

To prevent this diſeaſe, early recourſe may be had to the means above recited for its cure, eſpecially ſo far as reſpects exerciſe, friction, and preventing the action of cold.

WHITLOW.

The whitlow is an extremely painful inflammatory tumour, poſſeſſing the end of the finger.

One ſpecies of this complaint begins with a conſiderable burning pain ; but the ſkin ſoon becomes elevated

elevated around the nail, and the whole end of the finger, and becomes filled with a ſanious liquor; the cuticle and contained fluid appearing almoſt tranſparent.

Another ſpecies has its ſituation much deeper than the former, the inflammation attacking the tendons and ligaments, and the intervening cellular membrane. The pain, at the commencement, and during the progreſs of this ſpecies, is much more violent and throbbing than that of the former ſpecies; the pain being felt over the whole hand, and oftentimes even along the arm; both the hand and arm, in ſuch caſes, becoming conſiderably ſwelled. The ſuppuration proceeds extremely ſlowly; and when the matter is formed, it is ſo deep ſeated as to be a conſiderable time before it makes its way to the ſurface. By the violence of the pain, fever, delirium, and convulſions are ſometimes produced; the whole nervous ſyſtem ſuffering ſuch a derangement, that inſtances are known where death itſelf has been occaſioned by this malady.

Abſceſſes frequently form along the courſe of the lymphatics, even as far as the arm-pit. The tendons ſuffer frequently ſo much, that the fingers become ſtiff and immoveable; the bone alſo ſometimes ſuſtains ſo great a degree of injury, as to render the

amputation of at leaſt the laſt joint of the finger, neceſſary.

Whitlows may be produced by external injuries, ſuch as a puncture, bruiſe, or ſlight wound. There have been many inſtances of the worſt kind of this diſeaſe immediately ſucceeding to the moſt trifling and ſuperficial punctures; but they happen moſt frequently from ſome internal cauſe, or, at leaſt, from cauſes that cannot be aſcertained.

In the firſt ſpecies, no application is preferable to that of a bread and milk poultice: the tumour being opened, when in a proper ſtate, a continuance of the ſame application will generally ſoon complete the cure.

In the other ſpecies, as early an application as poſſible ſhould be made to a ſurgeon, ſince this malady will require every poſſible exertion to prevent the occurring of thoſe evils above mentioned. Sometimes, indeed, when the diſeaſe is ſeated in thoſe parts which are in immediate contact with the bone, the injury is communicated to the bone itſelf, in ſo early a ſtage of the diſeaſe, that it may be impoſſible for the moſt ſkilful ſurgeon to ſave the diſeaſed bone.

SCIRRHUS

SCIRRHUS AND CANCER.

THE parts which are moſt commonly affected by this diſeaſe are the breaſts of women, the arm-pits, noſtrils, teſticles, uterus, rectum, ſcrotum, &c.

A ſcirrhus in the breaſt commences with a very ſmall, hard, and moveable kernel, which often remains a conſiderable time, without pain, and without increaſe of magnitude; but, after ſome time, it increaſes, both in ſenſibility and ſize. A ſlight tingling alſo takes place in the part, and this gradually increaſes, until it terminates in a painful ſenſation, which at length becomes acute and lancinating. The tumour, as it increaſes in magnitude, becomes more fixed, and more irregular in its figure. The veins which run juſt under the ſkin, are enlarged, and the ſkin itſelf gets diſcoloured in ſeveral parts; a fluid is diſcoverable underneath theſe diſcolourations, which exudes, when ulceration takes place. The ulcerations which ſucceed are very irregular in their figure, and ——but why proceed in the deſcription of this dreadful calamity? Sufficient muſt have been ſaid, to have furniſhed information to ſecure its detection at its firſt appearance; and but little more, I hope, need be ſaid, to fully prove the neceſſity of a reſolute ſubmiſſion to its *early removal*.

The

The hope of exciting in the unfortunate ſufferer the degree of courage required to get rid, at firſt, of an evil, which becomes dreadful by ſufferance, will induce me to employ the greater part of this article on that important object.

This diſeaſe I have already deſcribed as commencing with *a very ſmall kernel.*——If, upon a proper examination, which, immediately on its diſcovery, ſhould be obtained, this *ſmall kernel* be aſcertained to be a true ſcirrhus, the patient ſhould conſider, that nothing but its ſpeedy removal, by the knife, can be depended on, to prevent its termination in cancer. It ſhould alſo be conſidered, that during this ſtate of the diſeaſe, the operation is comparatively trivial, and requires but very little time for its performance; that the pain which accompanies it is very far ſhort of that which is imagined; and that the exemption from future diſeaſe is rendered, by it, almoſt certain.

It is worthy of remark, that the oppoſition to this, and indeed to every operation, does not proceed ſimply from the dread of pain; but from an aſſociation of the moſt horrid ideas of every minute circumſtance, reſpecting the operation, which can be fancied. The aſſemblage of the ſurgeons, the preparation of inſtruments, and many other circumſtances, the enumeration of which would be oppoſite to the preſent purpoſe, are all repreſented in a colouring ſo *ſombre*, and with

with touches ſo maſterly and impreſſive, that the mind is filled with the utmoſt horror at the picture the imagination has drawn. Reaſon has no longer power to exert its influence; and the unfortunate ſufferer, thus becoming the ſlave of terror, attempts not to argue and combat with the hoſt of terrific ſpectres which fancy is conſtantly placing before the eyes.

When I conſider how powerfully the dread of an operation affects the mind, I cannot indeed expect to effect much by argument. Some little good may however, perhaps, follow, from this analyſis of the ordinary proceſs of the mind in this and ſimilar caſes. Since it thus plainly appears, that the dreadful apprehenſion of the operation is formed, in a great meaſure, by the mind's dwelling on objects entirely viſionary, and that the fear of ſuffering pain has, perhaps ſometimes, the leaſt influence in directing the oppoſition to the operation recommended. Thus, we often ſee men who can bear pain with the greateſt fortitude, declare, that although they well know the pain of the operation does not exceed that occaſioned by the ſcratch of a pin, yet they can with difficulty bring themſelves to conſent to ſuffer the operation of—bleeding. Nor can it hardly be doubted, if the moſt timid female, ſuffering under this diſeaſe, was aſſured, that if ſhe would permit the pain of the part to be augmented exactly to the ſame degree, and for the ſame

ſame period of time, as it would by any propoſed operation, ſhe ſhould obtain an entire removal of the diſeaſe, and even indeed of the part itſelf, and this merely by an incantation, but that her conſent would eaſily be obtained. But, indeed, it is not neceſſary to imagine a caſe, to ſhew that the dread of operations does not depend merely on the fear of pain, as this is ſufficiently evident from the much more ready ſubmiſſion to the application of cauſtics; even under the ſtrongeſt conviction of their producing a much greater degree of pain, and of their affording a conſiderable leſs chance of a cure.

The mode of thinking which ſhould therefore be adopted, by thoſe to whom ſuch an operation has become neceſſary, is to let the mind dwell only on the abſolute pain of the operation, abſtracted from all foreign circumſtances and viſionary terrors; and to conſider, that a cure may be obtained by only a few minutes increaſed pain; and this pain very far ſhort indeed of what is moſt probably anticipated by imagination: but ſuppoſe it ever ſo violent, let it be remembered, that it is but ſuffering, even ſay! the moſt excrutiatiating pain, for a few minutes, to procure an entire liberation from miſery and deſpondence.

But, unhappily, there are many, whoſe dread of chirurgical operation is ſo great, that no argument or conſideration can overcome. To theſe it is proper

to

to addreſs all the conſolatory language that truth will allow ; and, therefore, to aſſure them, that this malady, although perhaps incurable, and accompanied by moſt diſtreſſing circumſtances, is yet, in general, not attended with thoſe excruciating pains which are ſuppoſed always to belong to this malady. If, indeed, the poor ſufferer is induced, by the miſtaken zeal of ſome ſympathiſing friend, to place herſelf under the care of ſome of thoſe impoſtors who have acquired the character of *cancer-curers*, this may not be the caſe, but the pains may become cruelly aggravated, and the progreſs of the diſeaſe rapidly accelerated.

I am well aware, that many of my readers will be ready to aſk, But do not theſe, whom you have thus ſtigmatiſed, frequently effect cures, even in thoſe caſes which have been deemed cancerous ? It is therefore neceſſary to obſerve, that tumours in the breaſt frequently ſucceed to the inflammation of the breaſt, ariſing from retention of the milk, which, although they are certainly not of a cancerous nature, do often poſſeſs thoſe appearances which render it very difficult to make the neceſſary diſtinction, and will continue under that form for ſeveral months, and at laſt reſolve, perhaps, by the application of a bread and milk poultice. Theſe are the caſes which prove ſo favourable to the character of this claſs of practitioners. From their ſize, hardneſs, and length of duration, they

they commonly gain from the patient and her friends the epithet cancerous ; and ſhould any profeſſional man, deceived by an imperfect hiſtory, drop a ſuſpicion of an unfavourable termination of the caſe, the foundation is laid, on which the reputation of ſome ignorant pretender may be raiſed.

When the ſurface of the ſkin is attacked by cancer, it generally begins with a ſmall excreſcence of the warty kind, which becomes a cancerous ulcer on ſuffering even a ſlight irritation : ſuch are the cancers which appear in the face. The extirpation of theſe, at their firſt appearance, may be accompliſhed by an operation by no means remarkable for its ſeverity.

Cancer of the womb is commonly preceded by a very conſiderable diſcharge ; much pain is felt at the bottom of the belly, darting in different directions, but chiefly down the thighs. As the complaint proceeds, the pains become more pungent and forcing, and at length ulceration taking place, a profuſe diſcharge of variouſly coloured matter, very acrid and offenſive to the ſmell, enſues ; the general ſtate of the ſyſtem ſympathiſing with the local injury, hectic fever is induced.

SCALDS

SCALDS AND BURNS.

Dr. Underwood obſerves, that—A ſtrong ſolution of ſoap in water has long been in uſe with artificers, employed in any buſineſs expoſing workmen to very bad ſcalds; and is a very excellent remedy. But as the ſoap would take ſome time in diſſolving, and the ſolution ſome time in cooling, the doctor recommends a mixture of ſix ounces of oil to ten of water, with two drachms of the ley of kali, or pot-aſh. This quantity may be ſufficient for a burn on the hand or foot, which is to be immerſed, and kept about half an hour in the liquor, which will remove the injury, if had recourſe to immediately; but muſt be repeated, as the pain may require, if the ſcald or burn be of ſome ſtanding. Should a perſon be ſcalded all over, and immediately put into a cold bath of this kind, and the head, at the ſame time, be frequently immerged, or well waſhed with the liquor, I believe, the Doctor ſays, very little injury would enſue.

The moſt uſeful application, I think, with which families can be provided, againſt the moment of emergency, is a ſtrong brine, made by placing ſliced potatoes and common ſalt in alternate layers in a pan, allowing them to remain until the whole of the ſalt is liquified; which muſt be then drained off, and kept in bottles, properly labelled, ready for immediate uſe.

Linſeed oil, ſo frequently recommended, ſhould never be the firſt application ; ſince it poſſeſſes little or no power in preventing the inflammations of the parts, and by greaſing the ſkin, defends it entirely from the action of thoſe remedies which would prove beneficial, if applied immediately in contact with the ſkin.

The ulcerations which ſucceed to ſcalds and burns demand ſo much nicety in their management, as to require the care of a ſkilful ſurgeon. Without this, the patient may be diſtreſſed by inconveniences for the reſt of his life, which no ſubſequent endeavours may be able to remove : the moſt unſuſpected adheſions of parts naturally ſeparated, and the moſt rigid contractions of parts, which before were flexile, will frequently take place, neceſſarily occaſioning the moſt diſtreſſing deformities.

Extraordinary inſtances ſometimes occur, of thoſe whoſe clothes have by accident taken fire, eſcaping in a wonderful manner, by adopting the uſe of ſuch means as have been dictated by an extraordinary preſence of mind. But rather than truſt to that which is ſuggeſted in the moment of terror and confuſion, by a mind totally unfurniſhed with any fixed mode of proceeding, it will perhaps be better to lay down certain rules, which being ſtrongly imprinted on the mind, will ſerve to direct to the moſt ſafe and beneficial line of conduct.

To

To call for help preſents itſelf to the mind ſo inſtinctively, that it would not be mentioned here, but to remark, that this ſhould be done, if poſſible, by ringing the bell, &c. without opening the door of the apartment, as the external air ruſhing in, would immediately increaſe the rapidity of the progreſs of the flames.

The firſt attempt ſhould be to tear off that part of the clothing which is in flames; and, if in a parlour, to ſeize the water decanter, and which, even for this reaſon alone, ſhould be large, and kept always full; or any other veſſel of water, which may be in the room where the accident has happened, ſhould be recollected and flown to.

If unſucceſsful in theſe inſtantaneous exertions for relief, the unfortunate ſufferer ſhould ſeat himſelf on the floor, remembering, that in this poſture ſhe will be better enabled to ſmother the flames of her lower garments, and that an upright poſture will render the communication of the flames to the upper part of her dreſs more probable.

In this ſituation, ſhould there be a hearth carpet (which even for this uſe, in this moment of emergency, ſhould form part of the furniture in every room,) it will, from the materials of which it is compoſed, prove highly uſeful in extinguiſhing the flames, laid over the burning clothes, or wrapped tight round them.

Females

Females are moſt commonly the ſubjects of this terrible accident, owing to their clothing being of a more combuſtible kind than thoſe of men. Woollen clothes not only burning much ſlower than linen or cotton, but giving an alarm much ſooner, by the ſmell their burning occaſions. Females, therefore, whoſe age or infirmities almoſt confine them to their fire-ſide, and prevent the hope of any active exertions, ſhould be perſuaded to wear gowns and aprons of ſilk, or of ſtuffs of ſome fabric in which worſted and ſilk are blended, inſtead of muſlin and fine linen; which not only will catch fire almoſt with a ſpark, but will burn with the utmoſt rapidity.

EFFUSIONS OF BLOOD FROM RUPTURED OR WOUNDED VESSELS.

"WERE the knowledge of the ſituation of the blood-veſſels of the extremities, ſo far as is neceſſary for checking dangerous effuſions of blood, and the uſe of the tourniquet, more general; not confined to the navy and army, but extended to colleges and ſchools, particularly military and nautical academies, manufactories, hoſpitals of every deſcription, priſons, plantations, fire-offices, the clergymen of pariſhes in which no ſurgeons are reſident, commanders of merchant-

men,

men, miners, &c. it could not fail of proving highly beneficial to mankind." *

Convinced, with the benevolent author of the publication from which this and the ſucceeding quotations are taken, of the advantages to be derived from the wide diffuſion of ſuch knowledge, I have inſerted the following paragraphs: but at the ſame time muſt expreſs a wiſh, that they may incite my readers to a peruſal of the little work itſelf, as the leſſons it teaches cannot be too plainly imprinted on the mind.

"The veſſels, or tubes, which proceed from the heart, to convey the blood to all parts of the body, are called ARTERIES. From the power with which the heart propels the blood through this ſyſtem of veſſels, it happens, that, whenever they are wounded, the blood flows rapidly, and in jerks, from the wounded part. They divide, to be diſtributed to parts, from trunks, like the branches of a tree from the body; ſo that, on preſſing together the ſides of any trunk, the flow of blood into the branches beyond the compreſſed part is prevented.

"The veſſels, which return the blood to the heart, are named VEINS. In them the blood receives but little of the impelling force of the heart, and, therefore,

* A Lecture on the Situation of the large Blood-Veſſels of the Extremities, &c. &c. by Williarm Blizard, F. R. S.

fore, moves not with a ſtrong tide, or current, but glides evenly and gently on, like the ebbing water; and, of conſequence, wounds of theſe veſſels are not of much importance; a ſmall degree of reſiſtance, by a finger, or ſome folded linen, applied to the wounded part, will generally ſtop the bleeding.

"It is very plain, then, that if a bandage or ligature be made ſufficiently tight around any limb, the flow of blood into all the parts below muſt be prevented. But, to render this certain, the preſſure muſt be very great in the whole circumference of the limb; and, in ſome caſes, from the ſituation of arteries between bones, the effect cannot be obtained. To perform this proceſs, therefore, ſucceſsfully, in caſes of wounds and operations, and, at the ſame time, to prevent the conſequences of an exceedingly ſtrong *general* preſſure, ſurgeons have fixed on certain parts of the trunks of arteries, before their ramifications, for the application of a pad, or COMPRESS.

"The PULSE is the beating or diſtending of an artery, from blood propelled into it by the heart. The ſpaces of time between the pulſations are periods when the heart itſelf is filling with blood returned to it by the veins.

"Now it is evident, that there can be no pulſation when the flow of blood and pulſation of an artery

are

are prevented. Where, then, a pulſe can be conveniently felt, as in the wriſt, the ceaſing of it, from a preſſure being made on the trunk above, will prove that the preſſure is made effectually. To illuſtrate this by experiment—Let a friend feel the pulſe in your wriſt; then apply two or three fingers in *the little pit immediately below the collar-bone, cloſe to the ſhoulder.* Preſs ſtrongly, and the pulſe will ceaſe, becauſe the artery that ſupplies the upper extremity *paſſes under the collar-bone, over the firſt and ſecond ribs, along this part,* and will now be preſſed againſt one of theſe ribs. Remove the fingers, and again apply them, and the pulſe will be found to alternate with the preſſure.

"Suppoſe, then, a wound to be received, an artery of conſiderable ſize to be cut or torn, and a copious bleeding, in conſequence, to happen, in any part of the arm below the place juſt deſcribed: it appears manifeſt, that, by making a preſſure with the fingers, in the manner deſcribed, or aſſiſted by a pad between the fingers and the part, the bleeding would inſtantly ceaſe.

"The arteries of the upper extremity, or arm, proceed from the trunk after this manner: *the trunk paſſes into the arm-pit, deeply ſituated; it then proceeds along the ſide of the arm, next the body, obliquely towards the fore part of the joint or bend,* and here divides

vides into three branches. In this courſe to its diviſion it lies near the bone, and may therefore be ſucceſsfully compreſſed.

" The diſtribution of the veſſels of the lower extremity is in this way : the artery paſſes from the cavity of the belly to the GROIN, where, in thin perſons, the pulſation of it may be felt.

" At this place, in caſe of wound and effuſion of blood very high in the thigh, effectual compreſſion may be made, by ſome fingers preſſed very ſtrongly, in the manner deſcribed for compreſſion below the collar-bone ; though it were better to have ſome kind of ſtrong pad, or firm body, ſuch as will be deſcribed, interpoſed between the fingers and the part. From the groin, the artery proceeds in an oblique direction, downwards and inwards, and at about the middle of the inſide of the thigh it lies cloſe to the bone. This is the moſt favourable part for making a preſſure upon it, becauſe of the reſiſtance of the thigh-bone behind. And, where there are opportunities of choice, as in caſes of wounds, or operations *below* this part, this is the place which ſurgeons fix on for the application of the compreſſing body ; it therefore deſerves particular attention.

" The courſe of the veſſel is then *downwards and backwards to the* HAM ; *in the hollow of which, againſt the lower flat end of the thigh-bone*, compreſſion may again

again be very ſucceſsfully made, in all caſes of wounds or operations below the knee joint. But *beyond* this part, compreſſion muſt not be depended on; for, immediately below the joint, the artery divides, like that of the upper extremity, into three veſſels, which are ſituated between the bones of the leg.

"And now—ſuppoſe a wound to have happened by a pen-knife, or other thing, in the thigh, leg, or arm, and, a large artery being punctuated, a violent bleeding ſhould enſue—You have no tourniquet, but you clearly underſtand what has been taught on this ſubject.—How, then, would you act?—Undoubtedly you would inſtantly pull off your garter, or take the firſt piece of ſtring or cord you could find; roll up your handkerchief hardly, and lay it on the trunk of the artery above the wounded part; paſs the garter, or cord, over the handkerchief round the limb; tie a knot, leaving a proper ſpace; and then twiſt the ligature by a piece of ſtick or cane, or any other firm body you could procure."

BLEEDING.

THE art of opening a vein, and the neceſſary cautions reſpecting the operation ſhould be learned by every one; ſince caſes of emergency may happen, where the neceſſity of its being performed is evident,

and where life may be loſt before a ſurgeon can be obtained.

Another qualification neceſſary to be poſſeſſed is, that of being able to ſtop the flow of blood from a vein thus opened. Obvious as are the means to be employed on ſuch an occaſion, I will riſk the aſſertion, that there is no medical man who has witneſſed a moderate ſhare of practice, but who has met with an inſtance or two, where, if life itſelf has not been endangered, conſiderable injury has been occaſioned by a waſte of blood, from the orifice opening afreſh, after the departure of the ſurgeon; no one of the by-ſtanders having preſence of mind and intelligence ſufficient to prevent the farther effuſion. But a little attention to a few words will enable any one to perform the office of ſurgeon in this caſe.

The ſimple principle, with which the mind ſhould be fully poſſeſſed, is, that the blood muſt ceaſe to flow, if the orifice be cloſed. To accompliſh this, let the thumb be ſlid on to the orifice, ſo as to bring its ſides together, and to preſs it with a moderate force. The flow of blood will be now ſtopped, and the operator, now confident of the power he poſſeſſes, with the other hand cleanſes the arm, while a little bolſter of linen is folded by ſome by-ſtander, which he artfully introduces between the orifice and his thumb: over this he places another compreſs, of a thickneſs

thickneſs ſufficient to fill up the hollow of the bend of the arm, confining the whole with a ribband or tape paſſed over the compreſs, and above and below the elbow, in the form of a figure of eight, finiſhing with a knot over the compreſs.

LEECHES.

Leeches may be employed in every caſe where topical bleedings are thought neceſſary, or where venæſection cannot be performed.

As theſe little animals are depended on for the removal of very dangerous diſeaſes, and as they often ſeem capriciouſly determined to reſiſt the endeavours made to cauſe them to adhere, I ſhall give a few directions, by which their aſſiſtance may, with more certainty, be obtained.

This uſeful ally to the phyſician, it may be remarked, is as little fond of the taſte of phyſic as the phyſician can be himſelf. The introducing a hand, to which any ill flavoured medicine adheres, into the water in which they are kept, will be often ſufficient to deprive them of life; the application of a ſmall quantity of any ſaline matter to their ſkin, immediately occaſions the expulſion of the contents of their ſtomach; and, what is moſt to our preſent purpoſe, the

the leaſt flavour of any medicament that has been applied, remaining on the ſkin, or even the accumulation of the matter of perſpiration, will prevent them from faſtening. The ſkin ſhould therefore, previous to their application, be very carefully cleanſed from any foulneſs, and moiſtened with a little milk.

The beſt mode of applying them is by retaining them to the ſkin in a ſmall wine glaſs, or the bottom of a large pill box, when they will, in general, in a little time, faſten themſelves to the ſkin. On their removal, the rejection of the blood they have drawn may be obtained by the application of ſalt externally; but here, for the ſake of thoſe to whom we are ſo much indebted, I ſhall remark, that a few grains of ſalt are ſufficient for this purpoſe; and that covering them with it, as is ſometimes done, generally deſtroys them. It ſometimes happens, that the blood will continue to flow from the orifice made by a leech longer than is deſirable; and ſometimes children have been nearly loſt from the inability of the attendants to ſuppreſs the diſcharge. A few words, therefore, deſcriptive of the method in which this ſhould be done, cannot but be uſeful. The blood ſhould be waſhed off clean, and the point of the finger preſſed moderately hard on the orifice, when the blood will ceaſe to flow. A ſmall compreſs may then be applied to the wound, which may be retained by the point of the finger, as long as the blood appears upon withdrawing

withdrawing the preſſure. Remembering, that no more blood need be ſuffered to flow, than is thought neceſſary; ſince all that is required to prevent it, is patiently to perſevere in the neceſſary preſſure.

SCROFULA.

For reaſons ſufficiently obvious, I ſhall not pretend to detail the various ſymptoms of this diſeaſe, or to lay down a plan of cure. I ſhall, with the confidence of being much more uſefully employed, point out the injury which ariſes from neglecting to adhere ſtrictly to the advice of the ſurgeon, as to one particular circumſtance, in the moſt dreadful forms of the diſeaſe.

The curvature of the spine, which is accompanied by a carious ſtate of the vertebræ, and which, if not timely remedied, is ſucceeded by palſy of the lower extremities, is a calamity over which the ſurgeon has ſuch conſiderable power, as frequently to effect a cure, in caſes of a moſt deplorable appearance. But in hardly any caſe whatever does the ſurgeon more require the auxiliary aid of parental attention and reſolution; ſince, let him be ever ſo well aſſured of the effects of the remedies he employs, he cannot expect a favourable termination of the diſeaſe, unleſs the

the diſeaſed parts are preſerved in an abſolute ſtate of reſt during the whole of the cure. Let it be recollected, that the ſpine or back bone forms the grand prop or ſtay of the animal machine; that the *vertebræ* of which it is compoſed bear the weight of all the parts which are ſuperior to them; and that, in this diſeaſe, theſe component parts of this chief ſupporting pillar of the ſtructure is in a ſoft, crumbling ſtate—Common ſenſe will then ſay—If you attempt a cure, never permit the weight of the body to be thrown on the ſpongy, diſtempered parts, either in an upright or ſitting poſture, but let the patient be conſtantly kept in an incumbent poſture, on a bed or mattreſs. From want of attention to this injunction, as every ſurgeon knows, the failure of relief in theſe caſes, may frequently be attributed.

INFLAMMATION OF THE HIP AND KNEE JOINT.

THESE dreadful calamities, known by the names of Hip Caſes and White Swellings, might frequently be prevented, if parents were but aware that they may in general be traced back to ſome painful affection of the part which may have occurred ſome weeks before any lameneſs was perceived. Painful affections of theſe parts, therefore, ſhould be ſeriouſly attended to,

to, as by the early and vigorous employment of appropriate means, the diſeaſe may be removed in this, its firſt ſtage.

But ſhould theſe have been neglected, or have been unſucceſsfully employed, ſtill a cure may be hoped for, but not unleſs, as in the former caſe, the diſeaſed parts are kept conſtantly reſted. What expectation of cure can be entertained, whilſt the diſeaſed parts are forcibly grated together? Who, to make uſe of a homely compariſon, would ſet the wheels of a watch in motion, whilſt in a ſtate requiring the help of the artiſt?

FRACTURES OF THE LIMBS, AND INJURIES OF THE HEAD FROM EXTERNAL INJURIES.

Presuming that the injurious interference of domeſtic practitioners in thoſe caſes which belong to this ſection, is not to be expected, I ſhall here confine my admonitions to thoſe points which are neceſſary to be attended to by the patient and his friends, during the firſt moments of the accident.

If, in conſequence of a fall from ſome high place, or by any other accident, a conſiderable degree of injury appears to have been received; the ſufferer being

being unable, in conſequence of the deprivation of his ſenſes, to point out the injured part; ſome conſideration and attention is neceſſary, before any attempts are made, even to raiſe him from the ground. Should a fracture of one of the bones, either of the upper or lower extremity, have happened, and not be ſuſpected by his aſſiſtants, their exertions to raiſe him, and to place him on his feet, might force the fractured ends of the bone through the ſoft parts, and convert a mere ſimple fracture into a very dangerous compound one. The limbs, therefore, with a view to this circumſtance, ſhould be carefully examined; but even if they ſeem to have ſuſtained no material injury, yet ſhould the patient not be precipitately raiſed, until ſomething be provided, on which he may be placed: as thereby unneceſſary, and perhaps injurious, exertions are avoided. As it will be fair to conclude, from the deprivation of the ſenſes, that the brain may have ſuſtained ſome injury, great care ſhould be taken, that whilſt he is conveying to his apartment, and whilſt laying in the bed the head be kept moderately raiſed, and that on no ſuggeſtion whatever, any ſpirituous drinks be given to him.

The neceſſity of the latter caution, from the difficulty it may occaſion in forming an opinion of the nature of the injury, will be made evident by the following caſe. A lad of twelve years of age fell from

from a hay-loft about twelve feet from the ground, and was brought to his parents about an hour after the accident, almoſt inſenſible: it was with difficulty he was rouſed to anſwer a queſtion, and then immediately relapſed into a ſenſeleſs ſtate; after having laid in this ſtate about ten or twelve hours, the ſurgeon firſt ſaw him: he then complained of extreme pain in his head, and ſickneſs at his ſtomach, relapſing between whiles into a ſtate approaching to inſenſibility.

Here appeared to be preſent ſeveral of the moſt characteriſtic ſymptoms of ſerious injury to the head; the ſurgeon, therefore, had begun to appriſe his parents of his apparent danger, when the boy threw a little matter off his ſtomach, which ſmelt ſtrongly of ſpirits. He was immediately well drenched with warm water, until what he rejected no longer ſmelt of ſpirits. He then fell aſleep, and awoke perfectly well in a few hours, the brain having ſuſtained an injury, not from the fall, but from a bumper of brandy, which had been given to him by one of the by-ſtanders, as a cordial, when he was firſt taken up.

But ſhould it be diſcovered that a leg or thigh is broken, the aid and directions of a ſurgeon ſhould, if poſſible, be obtained, for his removal; but if this cannot be the caſe, the following rules ſhould be obſerved.

1. That he be not ſtirred until a proper vehicle is procured, on which he can be placed.

2. This, if nothing more proper can be had, may be a door, a ſhutter, or two or three planks well ſecured together.

3. To place him on this, two perſons may raiſe him, by means of a ſheet ſlid under his hips, whilſt one or two raiſe him by the ſhoulders; one perſon raiſing the ſound leg, and one, the moſt intelligent of his friends, conducting the fractured limb.

4. In moving the fractured limb, the object which ſhould poſſeſs the mind, ſhould be, that the divided pieces of the bone be kept as much as poſſible in the ſame line, leſt the fractured ends pierce through the ſoft parts.

5. If a pillow can be obtained, the broken limb ſhould be placed on it; and, if it appear to be preferable, previous to his being raiſed.

6. When placed on the litter, he ſhould be a little inclined to the ſame ſide of the injured limb, which, if circumſtances will admit, ſhould alſo be laid on the ſide, and with the knee a little bent.

7. The beſt mode of conveyance is undoubtedly by two or four men, in the manner in which a ſedan chair is carried. A cart, or even a coach, ſhould never

never be employed, where the mode juſt recommended can be adopted.

8. As the patient will be under the neceſſity of laying ſome time without getting up, a matraſs ſhould be laid on his feather-bed, or, if that cannot be had, two or three long and wide boards, joined together, may be placed under the feather-bed. If this can be done before he is firſt laid down, much ſubſequent pain and exertion will be prevented.

If the arm be broken between the elbow and the wriſt, the arm ſhould be bent at the elbow, raiſing the palm of the hand to the breaſt, with the fingers moderately bent; the thumb being ſuperior, and the little finger inferior. In this ſtate it may be retained by a ſling or handkerchief, ſupporting it from the elbow to the fingers ends.

When the arm is fractured between the wriſt and ſhoulder, the fore arm may be placed in the ſame poſition as already deſcribed; but the ſling, inſtead of ſupporting the whole length of the arm, ſhould only ſupport the hand, which ſhould be raiſed higher than in the former caſe, the elbow being allowed to ſink; its motion, however, being prevented, by a handkerchief paſſed moderately tight round the trunk, including the fractured arm.

I HERE conclude the task allotted me, hoping that, notwithstanding its imperfections, this little work may prove of real utility.

Your candour will, I trust, prevent you from inferring from my philippics against domestic quackery, that it is my with to lessen the diffusion of useful knowledge. Indeed, on the contrary, I am confident that the best, and most effectual mode of checking the career of empiricism would be, by more frequently admitting the study of anatomy, physiology, pathology, and chemistry, as part of a liberal education

Possessed of some knowledge of the structure, of the uses, and of the laws of action, of the various parts of the human body; and apprised of the considerable difference between diseases of similar appearance, few could be disposed, except where error seemed impossible, to prescribe for themselves, and lose the advantage of that aid which they might expect from those who had passed their lives in the study of the healing art. In farther recommendation of the study of these sciences, I must observe, that, independent of the advantages just mentioned, anatomy and chemistry would furnish the inquisitive mind with the most curious and interesting facts; and would prove a source of rational and instructive entertainment. So obvious, indeed, is this, as to render it surprising that

gentlemen,

gentlemen, not of the profeſſion, ſhould not more frequently avail themſelves of the opportunity of acquiring this kind of knowledge, in the pleaſant and expeditious manner in which it is offered them, by the public lectures on theſe various branches of ſcience. Nor is ſo much previous knowledge neceſſary as is in general ſuppoſed, the peruſal of Dr. Gregory's Œconomy of Nature, and of the Medical Extracts, would ſupply all the information neceſſary to render the comprehenſion of the doctrines laid down in ſuch lectures perfectly eaſy.

To thoſe who may wiſh to obtain more accurate knowledge reſpecting diet and regimen, the lectures, publiſhed on theſe ſubjects, by Dr. A. F. M. Willich will be found highly uſeful. And it is with pleaſure I ſtate, that very ample directions to nurſes for the management of the ſick, in theſe reſpects, may be expected ſoon from Dr. Hamilton, Phyſician to the General Diſpenſary.

From a fear leſt what I have ſaid againſt indiſcreet attempt to *harden* children, as it is termed, ſhould not appear ſufficiently convincing, I cannot refrain from earneſtly recommending to parents the peruſal of Dr. Darwin's excellent Eſſay on the Education of Females.

As

As the exemption from the ſmall-pox by the inoculation of the matter of the cow-pox, may ſtill be conſidered as a ſubject of experiment and inveſtigation, it cannot with propriety be dwelt on in a work of this kind. The farther experiments of Dr. Jenner and Dr. Pearſon, with thoſe which, I truſt, will enrich the ſecond volume of Dr. Woodville's excellent Hiſtory of Inoculation, will, I hope, clearly ſhew how much may be expected from this moſt important diſcovery.

I am,

Your's,

J. P.

OBSERVATIONS

OBSERVATIONS

ON THE

Exceſſive Indulgence of Children,

PARTICULARLY INTENDED TO SHOW

ITS INJURIOUS EFFECTS ON THEIR HEALTH,

AND THE

DIFFICULTIES IT OCCASIONS IN THEIR TREATMENT DURING SICKNESS.

These shall the fury passions tear,
The vultures of the mind;
Disdainful anger, pallid fear,
And shame that skulks behind.

GRAY.

A SLIGHT and transient view of the duties of parents to their children, *during the state of infancy*, might favour the opinion, that little more is required of them than that care for their preservation which the brute parent instinctively bestows on its offspring. But when it is considered that the human parent possesses reasoning powers, and that the mental energies of the child begin to be evolved in the early days of infancy, it must be obvious that the duties are much more numerous and much more important:

of a degree of importance indeed proportioned to the elevated place a child poſſeſſes in the ſcale of animated beings. Nor is this obſervation unneceſſary; no caſtle is here erected merely for the purpoſe of being levelled; ſince there are too many inſtances where the minds of children are no more attended to, than if they were really the offspring of brutes; and where even the neceſſary care for their health and exiſtence is exceeded by almoſt the whole of the brute creation.

That children are born with various diſpoſitions is undoubtedly true; but it is alſo true, that by due management, theſe may be ſo changed and meliorated by the attention of a parent, that not only little blemiſhes may be ſmoothed away; but even thoſe circumſtances which may more offenſively diſtinguiſh the child, may, by proper management, become the characteriſtic ornaments of the man. But, alas! too often do we ſee, from the want of this care, the charming bloſſoms of virtue and happineſs blighted.

On the treatment the child receives from his parents, during this ſtage of his life, will, perhaps, depend much of the miſery or happineſs he may experience, not only in his paſſage through this, but through the other ſtages of his exiſtence. If, on the one hand, every little ſally of paſſion and impatience is immediately controuled; if that which is admiſſible is regularly permitted, and that which is improper as regularly

larly withheld, the wily little creature will ſoon learn to diſtinguiſh that which is allowed of, from that which is prohibited. He will, indeed, urge his claim, for that to which he has been taught he has a right, with manly boldneſs ; but will not haraſs himſelf and his attendants, with ceaſeleſs whinings or ravings, to obtain that which uniform prohibition has placed beyond expectance. But a melancholy reverſe appears, if, on the other hand, no conſiſtency is obſerved in his management ; if, at one time, the ſlighteſt indulgence is refuſed, and at another the moſt extravagant, and even injurious cravings, are ſatisfied, juſt as the caprice of the parent may induce him to gratify his ill humour, by thwarting another ; or to amuſe his moments of *ennui*, by playing with his child as a monkey, and exciting it to thoſe acts of miſchief and audacity for which, in the next moment, it may ſuffer a ſevere correction. Continually undergoing either diſappointment or puniſhment ; or engaged in extorting gratifications, which he often triumphs at having gained by an artful diſplay of paſſion ; his time paſſes on, until at laſt the poor child manifeſts ill nature ſufficient to render him odious to all around him, and acquires pride and meanneſs ſufficient to render him the little hated tyrant of his playfellows and inferiors. Can the duties of a parent have been fulfilled in this caſe ? Can the child owe any duty, in return for ſuch conduct ? Certainly not. What may be the natural

obligations of a child to a parent is not intended to be here dwelt on, it is only meant to be aſſerted, that they muſt be leſſened by treatment ſo abſurd and injurious.

The mortifications which the parent muſt repeatedly endure, from perceiving his darling child render himſelf obnoxious to all around him, by the enormity of his conduct, muſt awaken a ſuſpicion that ſome error has been committed in his management; and muſt, at times, excite a tranſient inclination to adopt a more firm and rational mode of conduct. But ſuppoſe this child of humour and indulgence to be overtaken by ſickneſs, then muſt the unhappy parent find conviction flaſh ſtrong on his mind, and he becomes his own harſh, unforgiving accuſer. When life itſelf depends on a peaceful ſerenity, and an exact compliance with various regulations, he ſees his froward darling fevered by the exertions of paſſion; and exhauſted by petulant rejections of the means of relief, and by inceſſant cravings for thoſe things which, being noxious, are prohibited, and which, by the perverſeneſs of temper, are thereby rendered more deſirable. Generally does the poor little ſufferer pay with his life the purchaſe of his early indulgencies; or, at beſt, eſcapes with an enfeebled conſtitution, preſenting a conſtant memorial to his parent, that—THE TEMPER OF A CHILD IS FORMED IN THE EARLY DAYS OF INFANCY.

Every

Every one who has had opportunities of obſervation, muſt have remarked how diſtreſſingly the ſufferings of the child, the perplexity of the phyſician, and the diſtreſs of the parents are augmented by frowardneſs of diſpoſition. To particulariſe the various injuries which the exceſſive indulgence of the caprices of children may occaſion to their health, and the ſeveral impediments it is productive of to their proper treatment, when oppreſſed with diſeaſe, ſhall be the endeavour of the ſucceeding pages. In making this attempt, it is eagerly hoped, that very powerful arguments will offer themſelves to the affectionate parent, in favour of a ſtrict regulation of the diſpoſitions of children, even during their early infancy.

The diſeaſes of children are, in general, involved in ſo conſiderable a degree of obſcurity, as to demand the exerciſe of much ingenuity, and acuteneſs of diſcrimination in the phyſician, whilſt engaged in diſcovering the nature of the diſeaſe he is required to remove. But when his enquiries are impeded, by exceſſive wailings; when the expreſſions of impatience magnify one particular ſymptom, and conceal the reſt; the niceſt inveſtigation may prove inſufficient to obtain the neceſſary information.

Not only is the phyſician ſometimes, thus prevented from forming a juſt opinion of the nature of the diſeaſe; but even when, by dint of earneſt attention and

enquiry,

enquiry, he has ſatisfied his mind ; and is diſpoſed to employ thoſe means which his judgment may dictate, it too frequently happens that inſuperable difficulties ariſe of another kind. The medicines he ſhall preſcribe, he will, very likely, be told, muſt not only not be ill-flavoured, but, if he expects they ſhall be gotten down his patient, they muſt be abſolutely without any taſte.

In thoſe caſes, in which bleeding by leeches is required, he will often be told that however neceſſary their application may be, it is a remedy which muſt be declined ; for ſhould the child ever ſee them, he would be immediately thrown into convulſions ; and as to a bliſter, although they, the parents, might be diſpoſed to ſubmit to have their child expoſed to the infliction of this torture ; they are ſatisfied that as ſoon as he ſhould experience pain from its action, he would directly tear it off. Placed under ſuch limitations, it cannot be expected, however anxious the phyſician may be to procure relief to his patient, that much advantage can be obtained by his preſcriptions. He therefore, either declines his attendance ; or acting within the bounds to which he is limited, he does little more than alleviate ſome of the more diſtreſſing ſymptoms, whilſt he has the mortification to witneſs the almoſt uninterrupted progreſs of the diſeaſe.

Thoſe children who are allowed to conduct themſelves,

ſelves, entirely as their humour happens to prompt them; and who have unhappily been taught, by their parents' imprudence, to regard their dictates as nugatory, are not only more expoſed to the attacks of diſeaſe; but have the chance of its removal leſſened by not allowing the employment of the moſt efficacious means. Frequently, alſo, their diſorder is augmented, by the violent exertions conſequent to the irritation of the mind, produced by the pain, and the various inconveniences, accompanying the ſtate of diſeaſe.

IMPROPER INDULGENCES IN FOOD.

Unlimited indulgence of children in the article of food, is a ſource from which a multitude of diſeaſes ariſe. The child is placed at a table, where variety of meats, and the ingenuity of the cook, tempt the ſtomach to take food, beyond the calls of natural appetite. From extreme kindneſs, he is helped from almoſt every diſh, until the ſtomach has received ſo much as to occaſion an injurious diſtenſion of its coats, in conſequence of which, the performance of digeſtion is conſiderably impeded.

This proceſs being daily repeated, probably, the digeſtive powers become ſo much impaired, that loſs of appetite, ſqueamiſhneſs, and even frequent vomitings

ings ſucceed. The child, inſtead of acquiring ſtrength, evidently becomes weaker, the eyes appear ſunk, the complexion aſſumes a waxy paleneſs, and ſo great a degree of emaciation takes place, as plainly ſhows, that but little nouriſhment is derived from the great quantity of food which is employed ; and that the kindly meant indulgences have produced effects, directly oppoſite to thoſe which were intended.

But ſhould even theſe effects not take place, to the degree here deſcribed, and the ſtomach eſcape this ſpecies of injury ; an evil of another kind, of no ſmall magnitude, will very probably occur. In conſequence of theſe repeated diſtenſions of the ſtomach, its capacity becomes actually enlarged, and the habit of taking large quantities of food is induced. Although the appetite becomes ſo depraved as to demand the conſumption of even an enormous quantity of food, the ſtomach, however, not having its faculties increaſed, in the ſame proportion as its capacity, the ſyſtem does not derive, even the ſame quantity of nutriment, as is afforded by the ordinary quantity of food, acted on by a ſtomach in its natural ſtate. Hence will it be often ſeen, that children who feed even rapaciouſly, are thinner, and have a leſs healthful appearance than thoſe, who feed with more regularity and moderation.

From theſe inordinate gratifications, another diſagreeable circumſtance frequently ariſes : as the child experiences

experiences a loſs of appetite for proper food, he becomes ſubject to the moſt unnatural cravings. The ſtomach ſatiated, and even ſurfeited, with ſweets and delicacies, ſolicits for ſubſtances which are, to others, the moſt ſordid and diſguſtful.

The foundation of all theſe evils is often laid in the firſt months of the child's life, by repeatedly diſtending its ſtomach with the various mixtures, employed as ſubſtitutes for that food which nature has prepared for it, and, of which it never ſuffers a deprivation, without danger of the moſt diſtreſsful conſequences enſuing.

In early infancy, therefore, where unhappily the child is obliged to ſubmit to this cruel deprivation, the food which is ſubſtituted ſhould be ſimple, and approaching as nearly as poſſible to the nature of the mother's milk. Goats milk, aſſes milk, and cows milk are probably the beſt ſubſtitutes; but theſe ſhould be given freſhly drawn from the animal, ſlightly warm, unmixed with vegetable ſubſtances, and in frequent, but moderate quantities. Too frequently is the paſſive infant ſeen laying acroſs the lap of its nurſe, who pours into its ſtomach, one boatful after another, as warm as it can be ſwallowed, a mixture of water thickened with bread, the aceſcent fermentation of which is promoted by the addition of ſugar, this being often allowed to begin to take place, in the

ſpace

ſpace of time between its being mixed, and its being given to the infant.

As the child advances in age, ſtill muſt it be remembered, that its health will depend on the ſimplicity of its diet. The variety in its chief meal ſhould never be extended beyond two diſhes; the one, conſiſting of vegetables, dreſſed in the moſt ſimple mode, or of fruits dreſſed in the form of pudding or pie;* and the other, of animal food dreſſed as plainly as poſſible. Pickles and ſpices ſhould be entirely avoided.

When this is done, and children are not teized with repeated urgings, to *try to take a little bit more*, they will be ſeldom found to eat inordinately; or to reject capriciouſly that food which is fitteſt for them. In thoſe caſes, where either of theſe circumſtances occurs, it will, in general, be found to depend on injurious habits, induced by thoſe improper modes of feeding, during infancy, which have been juſt particulariſed.

NERVOUS

* This permiſſion will to ſome appear objectionable, as paſtry has been repeatedly declared to be among thoſe articles of food which are moſt injurious to the ſtomach. But although this may be true of thoſe kinds of paſtry which are made to contain a large quantity of butter, it does not ſeem that pie-cruſt of the plainer kinds can be ſo hurtful as to authoriſe its prohibition.

NERVOUS AFFECTIONS, AND MADNESS.

THOSE parents will often find themſelves egregiouſly deceived, who flatter themſelves into a confident expectation, that the early indulgence of the humours and caprices of children, will not be ſucceeded by any injurious conſequences; and that, as they advance in years, reaſon will aſſume her empire, and correct every improper propenſity. But when the period arrives at which the reaſoning powers are, in general, ſtrong, it will, too frequently, be found that the paſſions have, by long indulgence, become ſtrengthened, and are too turbulent to ſubmit to the dictates of reaſon.

When the child of indulgence attains this period, judgment, ill formed, and exerciſed only by ſtarts, ſerves merely to chequer his actions with inconſiſtency; whilſt reflection torments him, by ſhowing to him the folly and extravagance of paſt conduct, and by pointing out to him as his duty, the adoption of that path into which he is unable to enter, ſince inclination, the abſolute directreſs of all his actions, leads him the contrary way.

Accuſtomed to yield to no oppoſition, and taught that the buſineſs of life is not to endure, but only to enjoy; he is but little able to brook thoſe rubs, which, in the ordinary courſe of things, muſt fall to his lot.

Every circumſtance which tends in the leaſt to diminiſh the conſequence he aſſumes, is felt moſt poignantly; and from this principle, even the ſucceſſes of thoſe around him yield him pain.

When he mixes with the world, he is ſure to find thoſe of a ſimilar diſpoſition with his own, who will be ready to harraſs and thwart him at every turn; whilſt others, who know the facility of overreaching one who is full of confidence in his own judgment, but who, at the ſame time, bends like a reed before the breath of adulation, will not ſcruple to accommodate themſelves to his humours, the more eaſily to cajole him, and render him their dupe.

It having been hitherto the employment of thoſe around him, to ſhield him from the mortification of diſappointment, by procuring the exact correſpondence of events with his wiſhes, he comes into a tricking world, with a dangerous confidence of expectation and hope. His mind dwells with a deceptive aſſurance of ſucceſs, on the termination of every ſpeculative ſcheme; and failure ſeems, to him, to be impoſſible. Thus deceiving himſelf, he looks forward only for ſunſhine; and makes no preparation for thoſe ſtorms, againſt which, thoſe bleſt with more caution carefully guard. When diſappointment does break upon him, every thing conſpires to render his diſtreſs moſt pungent and intolerable. His ſphere of dominion, as it were,

is

is contracted. As his expectation of increaſed ſuperiority has been indulged, the dread of humiliating depreſſion is augmented. The ſuffering mind ſoon marks its influence on the whole nervous ſyſtem: his nights are paſſed, almoſt without ſleep; his appetite, and conſequently his ſtrength, ſoon fail him; and not only is the ſtomach impaired, but the bowels alſo become diſordered. Frequent head-ach, tremors, palpitations of the heart, and dejection of ſpirits ſoon follow; until his mind, morbidly irritable, is conſtantly tormented with imaginary evils. Every action of thoſe he made feel his ſuperiority, whilſt proſperity bewildered him, ſeems now to be intended for retaliation: and even the manifeſtations of compaſſion are regarded by him, as the moſt cruel of all inſults. Thus ſuffering under an accumulation of real and fancied ills, his miſery becomes ſo great and inſupportable, that ſullen or furious inſanity, or dreadful ſuicide may ſoon be expected to ſucceed.

EPILEPTIC FITS.

THE fondly indulgent parent muſt alſo be informed, that long before the age of maturity, the brain may become ſeriouſly affected in conſequence of thoſe paſſionate exertions which unlimited gratifications teach an infant to diſplay.

The

The child who is accuſtomed to conſtant ſubmiſſion from all around him, ſeldom experiences oppoſition to his moſt extravagant and dangerous requeſts, without manifeſting his reſentment by the moſt violent and outrageous fits of paſſion. To theſe may frequently be attributed the occurrence of epileptic fits, and other convulſive affections, which often continue, through life, the dreadful lot of the ſubject of indiſcriminate indulgence.

A remarkable inſtance of epilepſy being thus produced, and of its cure, I once witneſſed in a girl about ſeven years of age. The leaſt reſiſtance to the wiſhes of this little favourite was almoſt ſure to be followed, by the moſt violent guſts of paſſion, which generally terminated in an epileptic fit. After applying for relief to ſeveral phyſicians, and employing, without the leaſt appearance of ſucceſs, every meaſure which had been recommended; although, perhaps, not with ſo much regularity and perſeverance as the caſe required, her parents concluded the diſeaſe to be inſuperable, and declined any further attempts at a cure.

At this period, a friend recommended a remedy, which he aſſerted would, if employed with a ſtrict attention to every circumſtance enjoined in the preſcription, infallibly effect a cure. The preſcription was as follows:—

Take

Take two ounces of blood, about the time of the moon becoming full, from the arm of the patient, and ſtir into it a tea ſpoonful of ſalt. This mixture muſt be ſwallowed whilſt ſtill warm. If the patient experiences any return of the fits, the bleeding muſt be repeated, and the blood again drank on the ninth morning, mixed with the ſalt as before.

The blood was taken away, and the horrid potion drank; but neither the one nor the other was accompliſhed, without exciting in the unfortunate ſubject of the experiment the ſtrongeſt ſigns of repugnance and horror. Indeed, the experiment would not have been made, ſo great a degree of averſion was manifeſted by the patient, had not the parents placed great reliance on a remedy which, beſides being ſo ſtrongly recommended, was by its uncommonneſs, and by the attention required to be paid to the ſtate of the moon, and to certain days, well calculated to inſpire an extraordinary degree of expectation. Complete ſucceſs was the reward of their reſolution, for not only was the return of the fit prevented; but a moſt unexpected event took place, the child was no longer prone to thoſe violent guſts of paſſion to which ſhe had hitherto been ſubject.

To account for the operation of this extraordinary remedy is, perhaps, not very difficult. With the hope

hope of inducing the child to repreſs its violent ſallies of paſſion, the dependence of the fits on theſe had been frequently and ſtrongly inculcated; and well knowing that theſe means were employed to prevent the return of the fits, and that they were again to be repeated ſhould the fits return; the child could not avoid making the concluſions, that to avoid this terrific and diſguſting proceſs, it was abſolutely neceſſary that ſhe ſhould repreſs her paſſionate exertions; and that it was much better to ſubmit to the will of her parents, than be again forced to ſwallow her own blood.

RUPTURES.

Among the cauſes of ruptures, in children, may be undoubtedly mentioned, the exertions which accompany violent ſcreamings and crying. This is a fact which muſt be ſo well known, as to require to be mentioned only, for the ſake of reminding the fond parent, that this complaint, which may continue through life, is very likely to be one of the melancholy conſequences of that violence of temper which extreme indulgence too often creates. But even without conſidering the exertions juſt mentioned as equal to the effect of producing this malady, the impediments they will place in the way of a cure are ſo conſiderable, and ſo obvious, as to demand but very little reflection

to

to convince the parent, that, in this case, no temporary gratification can atone to a child, for the pain and inconvenience to which he is thus subjected.

FRACTURED LIMBS.

When a child, who in temper and disposition is rather intractable, has the misfortune of suffering under this accident, the pain and inconveniences he will endure must be considerably greater than those of a patient, in whom conformity to the injunctions of the surgeon, and submission to the necessary confinement and restraints can be obtained. In the one case, nature proceeds uniformly and regularly to the completion of that process, by which the bone is united: the parts being so retained by the art of the surgeon, and the attention of the patient, that the union is generally accomplished, without injury either to the functions, or the appearance of the injured limb. But, in the other case, where the injunctions of the surgeon are not obeyed by the patient; and where, yielding to impatience, he is constantly moving the injured limb, nature is interrupted in her work, and the utmost care of the surgeon may be insufficient to prevent his patient from suffering from deformity and lameness, through the remainder of his life.

FEVERS IN GENERAL.

In fever, and indeed, in every febrile complaint, the want of ſufficient influence over children to obtain a compliance with neceſſary regulations, may be conſidered as a circumſtance likely to place them in a ſituation of great danger.

In the commencement of fever, when its ſpeedy cure, or its tedious protraction, will depend on the almoſt entire removal of external irritation, and on obtaining a copious flow of perſpiration, the hopes of the phyſician will be proportioned to the degree of ſubmiſſion he diſcovers in his patient, whoſe continuance in an irkſome and unpleaſant ſituation, for ſeveral hours, muſt often be required. If the body is not kept ſtill, and the arms, and even, perhaps, the face, are not kept underneath the bed-clothes; and if proper drinks are not taken freely, and of a due degree of temperature, little chance will exiſt of any benefit being derived from the remedies employed. But in thoſe children, whom faulty indulgence has rendered too iraſcible, the neceſſary ſubmiſſion is with difficulty, if even at all obtained. As the heat and inconveniences increaſe, ſo alſo will the agitations of the child increaſe: the body will be thrown from one ſide of the bed to the other, and the arms continually toſſed out of the bed; the head ach at the ſame time being augmented

augmented by inceſſant wailings, and the oppoſition to thoſe injunctions to which he is not diſpoſed to ſubmit.

As the diſeaſe proceeds in its progreſs, the difficulties ariſing from want of a due government of the child will be found to increaſe. Medicines, and thoſe, of neceſſity, not very pleaſant, ſhould be taken; drinks, not exactly of that degree of temperature, nor quite agreeable to the taſte of the patient, may be required to be drank; and oftener, perhaps, than he is inclined to. A quiet ſubmiſſion to all this might be too much to expect in almoſt any child; and in a child who has not been habituated to ſubmit to the dictates of its parents, his oppoſition will, moſt probably, be ſuch as to prevent the neceſſary means from being employed with the leaſt probability of ſucceſs.

INFLAMMATORY AFFECTIONS IN GENERAL.

Indulgence in too high living, by taking too freely of animal food, of highly ſeaſoned diſhes, and of wine, frequently creates, in children, a diſpoſition to diſeaſes of the inflammatory kind.

Were the operations of inſtinct allowed to direct a child in the choice of its food, this ſpecies of exceſs would but rarely happen; but unhappily parents, led away by fanciful reaſonings reſpecting the food of their

children, often vitiate their taſte, and overpower the impulſes of inſtinct, by intruding on them that kind of diet which is oppoſite to that which nature demands. Frequently, thinking that a child cannot be too highly nouriſhed, will a fond mother be ſeen urging a fine, full, healthy child, to eat more meat, whilſt the child turns with diſguſt from the morſel which is forced upon him.

In ſuch a caſe, either the inſtinctive appetite of the child will prevail, and his diſreliſh for animal food will be increaſed, by its being repeatedly forced upon him; or, in conſequence of perſeveringly continuing to oblige him to take animal food, the ſtomach becomes ſo far accuſtomed to the meal, that he, at laſt, eagerly craves, with a depraved appetite, for that food which he before rejected. In this way may be brought on the habit of taking animal food beyond the demands of the ſyſtem, by which conſiderable danger will ariſe, of ſuch a diſpoſition to inflammation enſuing, as may require only a very ſlight occaſional cauſe to produce a diſeaſe, of a very alarming nature.*

THE

* It is proper to obſerve here, that parents ſometimes run into an error of an oppoſite kind; but, perhaps, not leſs injurious to their children. Alarmed by ſome little appearances of eruption or ſcurfineſs of the ſkin, they ſuſpect ſome particular groſſneſs of the humours, and, with the hopes of correcting this ſtate, the child is ſtrictly prohibited from taking any animal food, butter, &c. ſuch a regimen being inſiſted,

THE CROUP.

WITHOUT dwelling on the poſſibility of this dreadful diſeaſe being actually produced, by the long continued and violent ſcreamings, which children, who have been much humoured, ſometimes employ to obtain thoſe things of which they are deſirous, or to manifeſt their diſlike to thoſe things they wiſh to avoid, it may be ſufficient to remark, that this diſeaſe, always formidable, will hardly ever yield where the unhappy ſufferer is of a petulent and froward diſpoſition.

The frequent ſcreamings by which children of this deſcription manifeſt the diſtreſs they endure, cannot but increaſe the inflammatory ſtate of the windpipe; beſides that the reſtleſſneſs, and frequent agitation of the limbs, muſt entirely prevent that ſtate of the ſkin from being produced, on which the cure will materially depend.

INFLAMMATION OF THE LUNGS.

THIS inflammation of the lungs becomes, in ſuch ſubjects, a diſeaſe truly formidable. The poor little ſufferer,

inſiſted on, conſiſting of puddings made without eggs, dry bread, milk thinned with water, &c. as cannot but increaſe that debility which already too much prevails.

ſufferer, to whom the patient endurance of even trifling inconveniences has not yet been taught, will moſt probably, under the diſtreſsful ſenſations accompanying this diſeaſe, employ exertions ſo violent, as may be likely to augment every alarming ſymptom.

By ſuch inceſſant agitations, the heat of the blood is increaſed, the circulation is hurried on through the inflamed lungs, the perſpiration is checked, and the febrile ſtate is neceſſarily increaſed.

PLEURISY.

The remarks juſt made muſt apply with ſtill more force, in caſes of pleuriſy, the urgency of the pain neceſſarily occaſioning, even in the moſt patient, that degree of agitation which muſt conſiderably counteract the meaſures employed to effect the cure.

INFLAMMATION OF THE STOMACH AND BOWELS.

In this diſeaſe, where the agonies of the patient are ſo vehement, the moſt patient ſufferer will hardly poſſeſs the power of repreſſing his exertions, ſo as to give to the remedies employed thoſe advantages which are neceſſary for ſecuring their effectual operation. Much

Much leſs muſt it be expected then from the poor child who has been permitted, and even taught to diſplay his reſentment and anger upon every incidental infliction of pain.

Children who are unlimitedly gratified with every thing they capriciouſly demand, may alſo be reaſonably expected to be more prone than others to this diſeaſe. The various articles of indigeſtible traſh, which ſuch children are conſtantly taking into their ſtomachs, muſt, by the irritation they occaſion to the bowels, be likely to produce this diſeaſe.

INFLAMMATION OF THE EYE, AND EYE LIDS.

The termination of this diſeaſe, in children, will frequently depend on the degree of docility with which the little ſufferer is endued. When he is unhappily of an untoward diſpoſition, a diſtreſsful termination may be apprehended. The inflamed eye, from which every ſtimulus ſhould be abſtracted as carefully as poſſible, is by fretting kept continually ſuffuſed with briny tears. To be convinced how much injury this muſt occaſion, it is only neceſſary to recollect, that redneſs and tenderneſs of the eyes and eyelids are effects which always ſucceed to this mode of expreſſing diſtreſs. Children who are not under due reſtraint; will

will alſo always conſiderably aggravate the evils under which they ſuffer, by conſtantly rubbing the inflamed eye with their hands; a practice which children of this deſcription generally have recourſe to, expecting thereby to remove the pain and inconvenience they ſuffer. In addition to theſe circumſtances it is to be conſidered, that in children of the deſcription of which we are ſpeaking, the greateſt difficulty exiſts in obtaining the employment of the neceſſary means of cure. Not only is the ſurgeon perhaps prevented, from adminiſtering proper internal remedies; but he is alſo moſt certainly precluded, from having the external applications duly employed.

THESE are impediments to the cure of this malady, in children of a violent and petulant temper, which every ſurgeon muſt have had reaſon repeatedly to lament. Indeed, I doubt not but that all thoſe who have had the opportunities of obſervation, will concur with me in thinking, that blindneſs is, in theſe caſes, not unfrequently the conſequence of parents loſing, by their miſmanagement the neceſſary ſway over the minds of their children.

THE MALIGNANT, ULCERATED, SORE THROAT.

LIFE muſt frequently depend, in the malignant ulcerated ſore throat, on the degree of compliance and manageableneſs

manageableneſs which the little patient evinces during its progreſs. Meaſures are neceſſary to be adopted in theſe caſes which muſt not only be diſagreeable, but which are productive of an increaſe of ſuffering, for a time. Nutritious drinks, although occaſioning, by the mere action of ſwallowing, conſiderable pain, muſt be taken freely, or the ſtrength of the child will not be ſufficiently ſupported. Wine, which from its ſharpneſs muſt occaſion ſtill more pain in being ſwallowed, muſt alſo be occaſionally employed. Preparations of bark and other medicines, not perhaps agreeable to the palate, muſt in moſt caſes be required; and gargles, from the uſe of which ſome inconvenience, and even ſome pain muſt ariſe, will often be indiſpenſibly neceſſary.

But when the unhappy ſubject of this diſeaſe has been in the habit of permitting that only which accords with his inclination, and of obtaining an exact ſubmiſſion to all his little caprices, little hopes can be entertained, if the caſe be dangerous, of any real advantage from medical advice of even the higheſt eſtimation; ſince in a child thus educated, no hopes can be entertained, that ſuch a compliance with the preſcriptions will be obtained as will give a chance of its recovery.

THE

THE HOOPING COUGH.

In the hooping cough, the paroxyſms are always likely to be brought on by any paſſionate exertions. A conſiderable difference is always to be perceived, in the number of the paroxyſms in the ſame child, on thoſe days in which but little has occurred to ruffle its mind; and on thoſe days, when ſome little oppoſition has been made to its inclinations. In thoſe children, whoſe minds have been duly regulated, the little ſufferer will be ſeen, when the fit is threatening, to retire ſilently to any part of the room, and there patiently wait the attack; or, clinging to the knee of its mother, quietly endeavour ſo to regulate its breathing, as its hopes may defer, or moderate the violence of the approaching convulſion. On the other hand, the unfortunate darling, whoſe indulgence has taught him a leſſon, which painful experience muſt correct, that he has a right to expect to meet with every thing according to his wiſhes; and who, therefore, does not feel it a duty to ſubmit to that which is unpleaſant with ſome degree of reſignation, not only brings on the paroxyſm, by his petulance occaſioned by various other cauſes; but diſpleaſed, and even angered at feeling the fit approach, his reſiſtance is of that violent and empaſſioned kind, as to occaſion the attack of the diſeaſe to come on, with increaſed rapidity and violence.

DISEASES

DISEASES OF THE SKIN.

CHILDREN are ſubject to eruptive diſeaſes of various parts of the body, the diſcharge occaſioned by which is of ſuch a nature, that being applied even to the ſound ſkin of the neighboring parts it will ſoon effect a morbid change in the veſſels of thoſe parts, in conſequence of which they will ſecrete a matter poſſeſſing ſimilar powers, with that by which their diſeaſed action was produced. In thoſe children, therefore, who are not under a certain degree of reſtraint, the irritation they experience in the ſkin occaſions their frequent application of the nails, both to the diſeaſed parts, and to the ſurrounding ſkin! the healthy ſkin is therefore abraded by the nails, imbued with this morbid poiſon, and the diſeaſe is hereby multiplied. In thoſe caſes where this diſeaſe occurs in the face, the diffuſion of the exuding matter, by the frequent rubbing with the child's hands, is frequently ſucceeded, in conſequence of its application to the eye, by a very ſevere and alarming inflammation of this part, which is with conſiderable difficulty ſubdued, ſince every thing is done, on the part of the patient, which is likely to encreaſe and prolong the diſeaſe.

THE MEASLES.

A proneneſs to inflammation in the lungs, appears to be almoſt characteriſtic of this diſeaſe: and on the degree in which the inflammation of the lungs takes

place, will, in general, depend the degree of danger which accompanies the meaſles. In this diſeaſe, therefore, there can exiſt but little doubt, that a happy termination, can only be reaſonably expected, where a moderate degree of conformity with the preſcribed rules, and a due moderation of the temper, can be obtained.

Where this is not the caſe conſiderable danger muſt ariſe. From thoſe agitations and exertions which will accompany impatient endurance, an increaſe of the diſpoſition to inflammation ; and even inflammatory action will probably proceed : and when this does take place, the difficulty of checking its progreſs muſt be obvious.

THE SMALL POX.

The diſeaſe in which a want of ſufficient influence over the mind of a child is likely to occaſion moſt ſuffering to the patient, and diſtreſs to its relatives and attendants is the ſmall pox.

As the quantity, and even, in ſome meaſure, the degree of reſiſtance of the ſubſequent eruption will depend on the violence of the eruptive fever, the greateſt care is neceſſary that every thing be carefully avoided in the firſt moments of the diſeaſe, which by irritating, may be likely injuriouſly to augment the febrile ſtate. But thoſe only who have witneſſed it can be judges of the difficulty with which this can be accompliſhed, in a child of a froward and croſs diſpoſition. General

obſervation

obſervation will, however, point out the fact, that children of this deſcription will, in conſequence of their impatience and violent agitations, be loaded with the eruption to a much greater degree, than thoſe children whoſe pliability of temper renders them more eaſily managable.

Nor is it merely in the commencement of the diſeaſe, that miſchief is liable to be produced by the ſallies of impatience and petulence; ſince through the whole of the eruptive period, exceſſive augmentation of the febrile heat will moſt frequently be followed by a ſuperabundant crop of puſtules.

In the more advanced ſtages of this loathſome diſeaſe, the ſcenes which the parent muſt witneſs will be dreadfully convincing, that exceſſive indulgence of children is generally productive of tenfold diſtreſs and ſuffering. As the eruption proceeds, a troubleſome heat and itching of the ſkin takes place: and where this is not borne with a tolerable ſhare of patience, the nails of the poor child are employed to overpower the irritation of the ſkin; but with ſo much vehemence, that the ſkin becomes more inflamed, being in parts even abraded, by which the number of puſtules muſt of neceſſity be conſiderably multiplied.

But when the maturation of the pock takes place, the miſchiefs proceeding from inability to reſtrain the impatience of the poor tormented child become too obvious

obvious. His little hands are conſtantly employed in rubbing the face, or ſome part of the body, and oftentimes with ſo much violence as to cruſh almoſt every puſtule. The part which in general ſuffers moſt from this ſpecies of injury, is the face, which will frequently be ſhockingly laſcerated, and covered with the blood, and the contents of the ruptured puſtules.*

INOCULATION.

THE remarks which have been juſt made, are alſo applicable to thoſe children who derive the ſmall pox from inoculation ; ſince it too frequently happens that many of the advantages deriveable from the proceſs of inoculation are counteracted, by the evils which proceed from exceſſive indulgence.

Children

* In thoſe caſes in which ſuch an event is to be apprehended, parents ſhould conſider that no reliance for its prevention can be placed on the moſt vigilant attention of the nurſe ; ſince in a moment of time, whilſt her head is turned, the miſchief may be accompliſhed. The child ſhould therefore, by an appropriate and eaſy contrivance, have its hands ſo ſecured as to render their approach to the face impoſſible. Parents frequently object to this practice, on the ſuſpicion that by the ſtruggles which the child will make to obtain a releaſe from his confinement, he will injure himſelf more than he would were his hands and arms left at liberty. But in almoſt every caſe where the hands of a child are properly ſecured, a day or two before the maturation of the pock, he will indeed ſtruggle for a while ; but when he finds his exertions ineffectual, and that he is as it were conquered, he of neceſſity yields to his confinement : and indeed it is often aſtoniſhing to ſee how ſoon, and how quietly, children of even violent diſpoſitions ſubmit to this ſpecies of coercion.

Children who have been faultily indulged, are undoubtedly the worſt ſubjects for inoculation that can be found. During that period, in which ſome degree of caution is neceſſary, as to their food, it is much to be feared, from the eager requiſitions of the child, and the habitual promptneſs of compliance on the part of the parent, that a ſufficiently ſtrict attention to the preſcribed regimen will not be paid. When the very ſerious evils which in general follow ſuch tranſgreſſions are conſidered, it is aſtoniſhing that they are ever committed; but it too frequently happens, that judgment is made to ſubmit to the ſuggeſtions of overweening fondneſs. A celebrated ſurgeon, ſome years ago, inoculated two or three children of one family in the metropolis. Each child was loaded with a confluent eruption, and, in ſpite of every exertion on his part, they all died. His mortification may be eaſily conceived to have been very great; nor, perhaps was it much leſſened upon learning that, on the night preceding the fever, the children were allowed to ſit at the ſupper table, and partake freely of roaſt fowl, wine, &c. &c.

It ſeldom happens that during the period of eruption the child is entirely free from ſome degree of inconvenience and pain: ſometimes indeed, very acute pain will be felt in the head, loins, or pit of the ſtomach. When in conſequence of this producing a ſtrong degree of impatience, the child is inceſſantly crying

crying and rubbing his hands with violence over his eyes, and indeed the whole of his face; the eruption, provoked by this irritation, will fly in conſiderable quantity to the face, and particularly to the eyelids, which from the friction, and the conſtant application of the briny tears, become generally affected with ſome ſlight degree of inflammation.

CASES REQUIRING CHIRURGICAL AID.

CHILDREN who have been thus imprudently educated, muſt be more expoſed to accidents than others, in conſequence of the little attention they generally pay to the directions and remonſtrances of their attendants; but independent of this, caſes will neceſſarily ariſe, in which chirurgical aid will become neceſſary.

Theſe are caſes, which muſt too painfully convince the parent of the error of allowing parental influence to be loſt. Frequently from the unconquerable temper of a child are his ſufferings redoubled, and the mind of the fond parent more cruelly tormented. Ill applied tenderneſs often allows the critical moment to paſs in which, by ſome trifling operation, accompanied with a little temporary increaſe of pain, certain relief might have been obtained; whilſt obſtinate and violent reſiſtance entirely prevents the performance of that, by which alone, perhaps, health can

can be reſtored ; or allows it only to ſuch an extent that the propoſed intention is by no means fulfilled.

FROM what has been ſaid above, it is hoped that parents will plainly perceive that the eaſe, the health, and even the life of their children, muſt frequently depend on the due regulation of their paſſions and temper, in even their infantile days,—in other words, that the obtaining of ſuch a degree of influence over the mind of a child as may procure its prompt ſubmiſſion to the will of its parents, either in yielding up that which may be injurious, or in acceding to that which, though not pleaſant, may be abſolutely neceſſary, will greatly contribute to the preſent, as well as the future comfort and tranquility, both of the parent and the child. The fond parent cannot, even with a little attention, avoid diſcovering, that the object of his affection will, when thus educated, be the leſs likely to fall the victim of diſeaſe ; that by having been rendered thus manageable, when diſeaſe does unavoidably occur, he will not deprive himſelf of the chance of recovery, by obſtinately oppoſing the efforts of art ; and that, ſhould even a fatal termination take place, his mourning relatives will not have to accuſe themſelves with having occaſioned his death, by having, in fact, excited that oppoſition which the lamented object has made to every rational endeavour for his recovery.

Other

Other effects on the health are produced by exceſſive indulgence, which, though highly injurious, are not ſo obvious as thoſe which have been already particulariſed. A conſtant fretfulneſs is generated, which, even during the moments that it does not actually break into expreſſions of violence and paſſion, is conſtantly torturing the mind and peace; the digeſtive powers become affected, the proceſs of nutrition is impeded, and the child pines under a waſting hectic. "Paſſions," ſays an elegant writer,* "are "quick and ſtrong emotions, which by degrees ſub-"ſide. Temper is the diſpoſition which remains "after theſe emotions are paſt, and which forms "the habitual propenſity of the ſoul. The one are "like the ſtream when it is ſwoln by the torrent, and "ruffled by the winds; the other reſembles it when "running within its bed, with its natural force and "velocity. The influence of temper is more ſilent "and imperceptible than that of paſſion; it operates "with leſs violence; but as its operation is conſtant, "it produces effects no leſs conſiderable."

* Dr. Blair.

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